British Columbia's Resource Guide **FREE**

COMMON GROUND

The Arts • Business Services • Communications • Communities & Co-operatives • Conferences, Festivals & Special Events • The Crafts • Education • Energy & the Environment • Food • Global & Social Change • Health, Healing & Bodywork • Movement • Psychic Arts & Intuitive Sciences • Psychology, Therapy & Counselling • Spiritual Practices • Time Out & Travel • Tools for Living • Womens Organizations & Services • For the Traveller • Et Cetera

Issue No. 1 **WINTER 1982/83** **By Mail: $1.50 per issue; $4.00 yr.**

NETWORKING is a process of making connections with other people.

(from *Networking: The First Report and Directory*)

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COMMUNITIES AND COOPERATIVES

Housing co-ops, intentional communities. For food co-ops, see FOOD for co-operative education, see EDUCATION.

RE-USABLES AND BARTER

Flea markets, second-hand stores, barter clubs, swap meets, bazaars, thrift stores.

WHAT WE'RE ABOUT

COMMON GROUND is a quarterly resource directory. Networking is what we are really about. *COMMON GROUND* can be used both for finding specific resources quickly and for discovering new possibilities. The resources listed in it appear alphabetically by subject category.

Information is power, and we want that information to get to as many people as possible. By being better informed, you can make better decisions.

COMMON GROUND offers more visibility for business, services, and organizations that encourage communication and mutual support among all segments of our community.

We subscribe to the Community Resource Publishers Association Code, which states: *"By listing in this publication, we the advertisers acknowledge that we do business in a spirit of unity, cooperation, and understanding, and maintain a high level of integrity, responsibility, and service."*

If you would like to support the growth of *Common Ground* and do not wish to take out a listing, there are many ways you can help:

- sponsor a group or service you feel deserves more notice (*Common Ground* has a suggestion list on file).
- let others know about us;
- send a donation to *Common Ground*, 2574 West 36th Ave., Vancouver, B.C. V6N 2P5.

HISTORY

This *COMMON GROUND* is inspired by a very successful publication of the same name in San Francisco. Their nine years of experience have shown that this straightforward and simple concept meets a need in the community. We gratefully acknowledge their pioneering vision and ongoing support.

Projected Financial Figures for this Charter Issue

(As estimated as of December 8, 1982)

EXPENSES		INCOME	
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COMMON GROUND
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THE ARTS

Our voices reflect all that we are physically, emotionally and mentally. The tensions held in the body are mirrored by the speaking voice. The primary experience of a free voice is achieved through the release of physical tension and in supportive breathing. Working from this base especial exercises are used to develop resonators, which help project the voice without strain, and articulators, which clarify sound and thought.

This work can be applied to:

- Exploring test with Actors
- The basics of Singing
- Every-day speech.

Dale Genge (BFA, CMA) trained as a voice teacher and movement analyst in New York. She teaches private students and holds public classes at **Room to Move** (beginners and advanced) starting January 1983, and **UBC**, February 1983. **For information call 738-8466.**

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metro: (greek meaning: mother)
media: (meaning: medium)
as a mother medium to the arts, metro media has facilities for:

- **performance**
- **exhibition**
- **production**

We are a non-profit artist-run centre. Our mandate is to educate and make artists familiar with the media, media techniques and the tools of media, to bring about an understanding of technology for its use in the arts by the artists themselves. Through the media centre, we seek to establish a permanent space for interdisciplinary work of an experimental nature. Our curatorial policy is based on the needs of artists in the local and international community.

Performance space available: $25.00 a night. **Audio/video** equipment. **Colour Xerox** 8½ x 11: $1.00; 8½ x 14: $1.25; $.25 off per copy after 50 copies accumulated. Also available; labels, transparencies drafting film.

For more information: (604) **255-1833.** 1037 Commercial Drive, Vancouver, B.C. V5L 3X1.

ROOM TO MOVE is a studio dedicated to new directions in theatre and dance training. The teachers offering classes and workshops share the philosophy that exploration and training in the performing arts needs an environment of support, joy and communication in which to flourish.

We offer the opportunity to study in one area or to integrate several disciplines. These include:

- ACTING: shattering the Mirror. With Ian Raffel (738-8466)
- BALLET: classes for children and adults. Lucy Ennis LISTD (734-3619)
- CHILDREN'S DANCE CLASS: Karin Bergen (255-4280)
- CONTACT IMPROVISATION: Peter Bingham (874-1815)
- CORPOREAL MIME: Beginners through advanced professional. Dean Fogal (731-8938) & Charles Shamess (738-2068)
- DANCE GYMNASTICS: ten to twelve years. Maggie Calder (736-6178)
- IYENGAR YOGA: beginners and intermediate. Lindsey Walen (733-7151)
- JAZZ BALLET: drop in classes for beginners. Karon Graham (875-1889)
- RELEASING THE NATURAL VOICE: beginners and advanced. Dale Genge (738-8466)
- SING IT: beginners. Judy Maas (228-9630)
- SHARING THE DANCE: four levels of study. C. Lee (731-8938)
- STRETCH AND STRETCH: drop in classes. Karen Stanley (689-3579)

Registration for 1983 starts January 2nd at: 976 W. Broadway, Vancouver, B.C. For more information: 733-7151.

BUSINESS SERVICES

Community Business Training

Community Business Training — The popular and successful educational program for co-ops, collectives, community groups and social agencies. CBT is practical training with a strong social component. Courses include Democratic Management, Financial Development, Fundraising for Non-Profits, Marketing and Group Dynamics taught by highly respected instructors from throughout North America.

Many organizations, from food co-ops to reforesters, community centres to neighborhood clinics have already benefited from this unique educational experience.

CBT's next program will be offered March 4-7, 1983. To get on our mailing list and receive a full description of this year's program, instructor profiles and registraton form write:

Community Business Training
CCEC Society
205 East 6th Ave.
Vancouver, B.C. V5T 1J7
or phone: **734-3360.**

Sponsored by the Community Congress for Economic Change.

Do not search for the truth. Only cease to cherish opinions. Sengstan; third Zen Patriarch

BUSINESS SERVICES

My service offers an intuitive approach to your challenge — encompassing **environmental design, graphic communications,** and **fabric design** creating yardage for interior or personal clothing use. I try to channel the right choice for you through attuning myself to your needs, preferences and resources. I'd like to help you physically manifest your ideal surroundings or image in its purest form.

My work experience over the past 14 years has encompassed teaching drawing and design to children and adults, creating environmental artpieces for the City of Vancouver, focalising the design of magazines and publications both here in B.C. and for the Findhorn Foundation, freelance design projects for restaurants, hotels and institutions, and graphic services for anyone who wants them. Contact me at **(604) 984-8137.**

I'm Union

BUTTONS

Promotional buttons are the best proven fund-raisers for organizations and campaigns. But you need them fast, cheap, and hassle-free.

Manx Press is a new family co-op in Vancouver. We can design, print, and manufacture your idea into from one to 100,000 buttons faster than anyone. We know, however, that unlike corporations and ad agencies, small groups or individuals are often strapped for cash. Our policy is to provide progressive and community groups with buttons at the **lowest possible cost,** and to that end we offer a variety of discounts and payment plans. Give us a call! You'll be stunned at how cheaply you can do it!

We are members of SEIU Local 42 and our products bear union Labels.

MANX PRESS — 201-1720 West 2nd Avenue, V6J 1H6.

738-2771.

CHEAP PUBLICITY

BobMercer 254-3047

Whether your commitment is to a small business, arts organization, self-help group. . . even the total overthrow of civilization as we know it. . . you want your message to reach people as efficiently, effectively, and ecologically as possible.

What you want is *cheap publicity.*

Bob Mercer has produced posters, buttons, album jackets, comic books, brochures, flyers, ad art, even letterheads and business cards, for a list of clients that includes small retailers, musicians, promoters, record companies, anti-nuke and prisoners' rights activists, and, in one case, a trade union organizing drive.

His skills range from paste-up to total packaging, including concept, copy writing, illustrations, layouts, and finished art.

Reasonable rates, with special discounts if the project will change the world.

Bob Mercer, 1556 Grant Street, Vancouver, B.C. V5L 2Y2. (604) 254-3047.

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Specializing in **custom carpentry** for commercial or residential. Can do on site fabrication or production work at my workshop using wood, plexiglass, metal and other materials.

Having a good working relationship with architects, engineers, electricians, plumbers, drywallers and painters you can be sure the complete job is done right from planning and building clear through to finish and clean up.

For guaranteed workmanship at fair prices call: JOSEPH ROBERTS 734-8915, EVENINGS.

CELTIC ART: KNOTWORK. LEVEL I

Correspondence Course by Aidan Meehan.

How to do it yourself, step-by-step instructions. Enough covered in this one course to last a life-time. Thousands of illustrations, and much more. How to develop a knot into an infinite variety by the simplest methods, that anyone can master.

Knotwork design is common throughout the ancient world, but nowhere more developed than in Celtic heritage, common to most Canadians of European ancestry.

Aidan, native Irish teacher of Celtic Art, and widely published designer/illustrator, has taught at Findhorn Foundation, and Omega Institute, N.Y., for many years, and V.C.C. Langara, Vancouver since 1980.

The Course is mailed to you in ten units, one-a-week. To register, send your name and address, and cheque for $40 payable to **Aidan Meehan. P.O. Box 3997, Vancouver, B.C. V6B 3Z4.**

CERTIFIED GENERAL ACCOUNTANT

HUGH J. WATSON & COMPANY

We offer a wide range of professional accounting services: Auditing — Financial Statement Presentation — Personal Income Tax — Corporate Income Tax — Specialized Income Tax — Tax Planning — Employee Search and Hiring Consultation — Client Accounting (Payrolls, Accounts Receivable, Bookkeeping) — Systems Analysis — Management Advisory Services — Assistance with Financial Reorganization.

#201-1456 Johnston Road, White Rock, B.C. V4B 3Z5, 536-3766. Available one day a week at 530 West Broadway, Vancouver, B.C. Telephone 536-3766 for an appointment.

KHALSA SERVICES

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We offer residential redecorating & renovations of all sizes. Painting, wallpapering, basement suites and all additions.

Also, spring cleaning — top to bottom — expert house & office cleaning. Once or once a week.

"To serve you honestly & efficiently".

733-4566.

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Peter Chataway, Graduate Architect (U.B.C. 1976), designing and drawing (passive) solar house plans for Interior and Coast locations. MOUNTAINSIDE SOLUTIONS, STRUCTURAL INTEGRITY, SITE ANALYSIS. Full or partial services — most reasonable rates. WRITE: #204 - 1453 Ellis Street, Kelowna, B.C. V1Y 2A3. Telephone 763-1334 or 763-5367.

TYPESETTING & GRAPHICS

GURU RAJ KAUR KHALSA

Are you looking for efficient typesetting and graphic services, with very reasonable prices, high quality standards, and friendly and caring service? Give me a call at 733-4575. I look forward to serving you.

SHRUB AND TREE CARE

JERRY ALEXANDER

- pruning for maintainance and shape.
- topping and trimming for maintainance and rejuvenation.
- removals to ground level.
- complete cleanups.
- some yardwork and landscaping.
- contract prices or hourly rates.

Call evenings, 736-0863. 1365 Laburnum St., Vancouver, B.C., V6J 3W4.

COMMUNICATIONS

COMMON GROUND

RESOURCE DIRECTORY

Our Logo-listing format gives you:

· your copy presented in a dignified, straightforward way, inviting reader appreciation and confidence.

· a proven formula, successful in many cities since its inception nine years ago in San Francisco, where it has become the region's central market place for these services.

· the effectiveness of display ads, at a fraction of the cost.

· exposure in Vancouver's newest and most inclusive resource directory.

Our collective distribution network gives you:

· assurance of reaching a widespread and responsive audience.

· an invitation to our "hot-off-the-press" party. Meet, eat, and be merry, and leave with your bundle of *Common Ground's* to give out at your place of business or service.

· our staff, monitoring other outlets, such as libraries, community centres, and special events.

Because your business/service expresses who you are and what you want to be giving to the world, it deserves the best possible representation. Let Common Ground help you help.

CFRO

CO-OP RADIO
102.7 FM

Vancouver Co-operative Radio (CFRO) is English-speaking Canada's *only* listener-sponsored, non-commercial radio station.

Co-op Radio listeners can hear programming found nowhere else on the dial. We provide an alternative to commercial radio, with programming almost entirely provided by volunteers.

If you've never been able to receive Co-op Radio before, try us out! Tune us in for the best in music, drama, public affairs, ethnic, gay and women's programming plus much much more!

You can become a member of Co-op Radio. Call **684-8494** or write to **Co-Op Radio, 337 Carrall St.,** Vancouver, B.C. V6B 2J4.

We are now broadcasting from a new transmitter location on Mt. Seymour, with increased power and improved signal.

RIDGE ★★ THEATRE ★★

The Ridge Theatre is Vancouver's "People's Movie Theatre". We show the best in cinema: foreign art films, old Hollywood classics, children's matinees during the winter, and specialized favourites.

We do all the special things that make the Ridge unique: cappuccino bar with *Lazy Gourmet* nanaimo bars, perrier with lime, carrot cake, Chinese almond cookies, fresh popcorn with 100% real butter, natural nectar ice cream, 100% pure apple and orange juice; a one hour money back guarantee with *all* our movies; crying room for parents with children; Dolby Stereo Sound system; great atmosphere for meeting people; free bi-monthly program guides, etc.

Please help us by supporting us. We want your feedback for improvements. Thank you.

16th & Arbutus, Vancouver,
738-6311.

TELEGRAPHICS telling it with graphics.

We offer high quality silk-screened, vinyl bumper stickers and bicycle, decals. . . also buttons, postcards, tee shirts and the favorite *"Gone With The Wind"* poster billing Ronald Reagan and Maggie Thatcher in "the most explosive love story ever told." You can use these products as fundraising items for your group or as hot stock items for your store.

Here is a sampling:

BUMPER STICKERS: *One Nuclear Bomb Can Ruin Your Whole Day / Ban The Bomb / Split Peas Not Atoms / Risk Peace Not War*

DECALS: *Peace Flag / No Nukes / Bread Not Bombs.*

POSTCARDS: The familiar Peace Symbol (as an image on our flag) and its history on the reverse side.

BUTTONS: *Ban War / No Nukes / Better Active Today Than Radioactive Tomorrow/No Cruise. . .* to but mention a few.

TARGET PEACE teeshirt: white letters on navy or medium blue / black letters on red or yellow.

Wear a message that shows you care. The money you pay gets recycled into producing more propaganda, and you know, we may just avoid Nuclear War. Discounts for anti-nuke, peace or movement groups.

Phone for prices: **734-8915.**

Mail order address: TELEGRAPHICS, 2148 Cornwall Ave., Vancouver, B.C. V6K 1B4.

VEC

The Vancouver East Cinema has captured the hearts of cinema goers throughout the city with its imaginative double and triple bills (arranged by the staff of the Ridge Theatre).

An all-new theatre, the V.E.C. has an excellent sound system, comfortable seats with lots of leg room, and one of the biggest screens of any independent theatre in town. It is also fully air-conditioned, and has an excellent balcony.

In the Vancouver tradition of repetory cinemas, the concession stand has expresso, capaccino, nanaimo bars, health food snacks, popcorn, cookies, etc.

Upcoming highlights for January and February include:

— Jan. 7-9— *Blade Runner* and *Road Warrior.*

— Jan. 17-18— Peter O'Toole double-bill, *The Ruling Class* and *The Stuntman.*

— Jan. 21-23— Truffault triple-bill. *The 400 Blows, Shoot the Piano Player,* and *Jules and Jim.*

— Jan. 28-30— *Chariots of Fire* and *Gallipoli*

— Feb. 11-13— *The World According to Garp* and *Girl Friends*

— Feb. 21-22— Bogart/Bacall double bill, *Key Largo* and *To Have and Have Not.*

Prices are $4.00 for adults, double **or** triple bills. Old age pensioners and children under 12, $2.00, and OAP free on Tuesdays. Also MONEY-BACK guarantee within first half-hour.

Shows start at 7:30, double bills, 7:00 for triple bills. Box office opens a half hour before the show.

Detailed programs available for $2.00 a year by mail, or free at the theatre, at the Ridge, and in libraries, bookstores, and many other outlets.

Vancouver East Cinema, 2290 Commercial Drive and 7th Ave., Vancouver. 253-5455.

Avoir l'accent, c'est chaque fois qu'on cause, parler de son pays en parlant d'autre chose.

Miguel Zacomois

CONFERENCES, FESTIVALS, & SPECIAL EVENTS

DEC. 30, JAN 28, FEB. 27, MAR 28
Full Moon Healing Ceremonies; see: SPIRITUAL PRACTICES, Church of Revelation, Crystal Eye Center.

JANUARY 13
Grand opening celebration of The Canadian Holistic Healing Association's new Vancouver Health Enhancement Centre; see: HEALTH. . . Canadian Holistic Healing Association.

JAN 21-25, MAR 18-22
Five Day Rebirthing Trainings; see: ETC., Rebirthing Trainings

JANUARY 30
"The Eye Ball"; see: GLOBAL AND SOCIAL CHANGE, Seva.

FEBRUARY 18-20
"Midwifery 1983" — "Labour of Love" Conference; see: WOMEN. . .Midwives Association of British Columbia.

FEBRUARY 25
Daniel Ellsberg; see: GLOBAL AND SOCIAL CHANGE, Daniel Ellsberg Speaks in Vancouver.

FEBRUARY 26-27
LIFE CONTEXT WORKSHOP; see: PSYCHOLOGY. . .Progoff Intensive Journal Workshops.

MARCH 5-6
Process Meditation Workshop; see: PSYCHOLOGY. . ., Progoff Intensive Journal Workshop.

APRIL 23
Walk For Peace; see: GLOBAL AND SOCIAL CHANGE, Walk For Peace.

THE CRAFTS

WOODLANDS

From the rain forest of coastal B.C. custom woodcarving done in the traditional method with mallet and chisels.

Display your logo, trademark, or name in a quality handcrafted sign or decorative panel with the warmth of natural woods. Native softwoods such as red cedar, cypress (yellow cedar), pine, fir or local hardwoods can be selected for your project. The work can also be crafted with imported woods if preferred.

A sample of David Roberts' work displayed in the left column can be seen in the foyer of Woodlands Restaurant at 2582 West Broadway. It was carved in pine, incorporating the knots and layers of woods into the finished design.

Please address written inquiries to:

David Roberts R.R. #1, Hornby Island, B.C. V0R 1Z0.

Or leave message regarding woodcarving in Vancouver at 731-8958 between 6-8 p.m.

OH BROTHERS

OH BROTHERS is a shop and gallery dedicated to featuring work by British Columbian artists and craftspeople. In a world seemingly rushing ever faster towards homogeneity through the increased use of computers, mass communication and production, we feel an object made by hand holds more importance than ever. therefore, by focusing our attention on individually created pieces by B.C. people we feel this helps to secure and develop the culture that exists here and is uniquely British Columbian.

Pottery, photographs, glass, woodwork, limited edition prints, jewelry and leather by over 60 of B.C.'s finest professional artists and craftspeople are to be discovered at OH BROTHERS,

2335 West 41st Ave., Kerrisdale, Vancouver. Phone **263-2122.**

AQUARIAN AGE JEWELLER

LIVINGSTON

Sacred symbols divined by auric readings. Specialized pieces constructed to order in spiritual consciousness. Healing talisman — precious & semi-precious metals and stones — rings — bracelets — buckles — earrings — pendants — medallions — meditation and altar pieces. Bowen Island, B.C. V0N 1G0. 112-947-2442.

BOWEN ISLAND ARTS & CRAFTS GUILD

JOHN SBRAGIA

An association of designers, artists, craftspeople. Promotion, marketing, sale (wholesale/retail). Fashion, jewelry, pottery, weaving, leather, decoupage, glassblowing, candle making, quilted frames, painting, drawing, writing, native Indian arts.

Producers, promoters, sellers needed.

John Sbragia, 112-947-9444.

THE POT SHOP AND GALLERY

At the Pot Shop and Gallery you'll find the largest selection of handmade pottery in Canada, and it's all produced in Vancouver. Everything from mugs, plates, casseroles and lampbases to tables, and large sculptural pieces in porcelain, stoneware, salt and raku. Constantly changing visual delight. Excellent quality, potters prices. Pot Shop and Gallery, 1723 Robson St., Vancouver, 683-7031. 1359 Cartwright St., Granville Island, 687-7977. Open Sunday.

STAINED GLASS

SUN SONG

Stained Glass sun catchers with bevelled glass and pressed flowers. Custom made windows tailored to fit your home with colours, patterns, and style of glass hand picked to suit your individual tastes. Write: Cathy and Aden Crane. RR #1, Hornby Island, V0R 1Z0. B.C.

A diamond is a piece of coal that stuck with it.

EDUCATION

Here at our day care center we do more than babysit your children. We guide them as they learn to take an active part in living. We give them opportunities to:

paint · play · build · create · relax · sing · dramatize ·

and much, much more. The program is designed to have structure integrated with freedom to choose.

We do not have a completely teacher-oriented program — we learn from one another. We try to guide the children into being more inquisitive about everything around them, and in doing this we hope we are *helping to build more active, aware, loving children.*

If you have any questions or would like to share your ideas with us please call **228-0048**. We are located in I.C. Elementary School at **3745 West 28th Ave.** Take care. . .Luisa and Kathleen.

Established 1926

The Dominion Herbal College was established in 1926 by Dr. Herbert Nowell, N.D., who spent many years compiling and researching this Correspondence Course in Herbology. It has indeed, become a classic.

DHC has graduated men like Jethro Kloss, author of "Back to Eden," and Bernard Jensen, author of *Iridology* and many other books on Natural Healing. Many of our recent graduates are prominent practitioners of Natural Healing in many countries.

DHC has been under new management since 1968 and the existing course has been up graded and a practical summer seminar has been added. At the Seminars, an Wholistic approach is taken, with the emphasis on Herbology. Experienced practitioners demonstrate their ways of preparing herbal mixtures, juices, roots, salves and oils. The students get acquainted with the growing, harvesting and drying of various herbs. Students come from various parts of the world, and their experiences are shared and exchanged with each other.

If you are interested, please write for a brochure, and please mention this publication.

DOMINION HERBAL COLLEGE, 7527 KINGSWAY, BURNABY, BRITISH COLUMBIA, CANADA V3N 3C1.

Kirpal Ashram School

Kirpal Ashram School is welcoming new students who are interested in an academic program blended with a spiritual education. The philosophy of this school is to develop the higher self through self-discipline, co-operation, and inspiration. The emphasis is on the joy of learning and harmony with all life.

This school combines a solid accredited curriculum with the universal spiritual teachings from all cultures. This unique learning environment is amidst an inspiring setting of twenty-five secluded acres of forest in Surrey.

"Teachers should train students in the spirit of sympathy and love, blending information with inspiration and knowledge with love. A child is the center of creative life. It needs to be opened as a flower is opened, gently, by sympathy, not by force.

The chief malady of current education is that it results in the dissociation of heart and head. Until our knowledge enables us to imbibe the noble things of life, it has not served its purpose. . . In fact, the real aim of education is to develop the character and individuality of a pupil, his mind, will and soul power. The best knowledge is that which teaches us that the end of knowledge is service."

—Kirpal Singh

Our school is named after *Kirpal Singh,* internationally known and respected by religious and political leaders alike in his capacity as President of the World Fellowship of Religions. Throughout his life, he was an embodiment of love for all, and service to humanity, the principles on which the school was founded.

In New Hampshire an affiliated school established in 1973 has a current enrollment of 90 children in both elementary and high schools. Our school presently offers grades 1 through 6.

For more information contact: **Mrs. Judy Shannon, Principal,** Kirpal Ashram School, 14011 Colebrook Rd., Surrey, B.C. V3S 4N7, (604) 594-5557, or **Darren Perkins,** (604) 596-5668 or 596-4528.

Centre for Continuing Education

"I love a broad margin to my life," wrote Thoreau.

If you, like Thoreau, seek broad margins to your life — through inner contemplation, outer exploration, or more mundanely, personal, career, and professional development — consider what the University of British Columbia Centre for Continuing Education can offer you.

More than 1,000 non-credit courses — fascinating, educational travel tours too — are offered year-round by the Centre, and there are no academic prerequisites.

Interested in journeys through the mind? The body you live in? Personal growth? The challenges of contemporary living? The arts? Crafts? Modern languages? Psychology? Philosophy? Our global village? Lifestyles and relationships? Conservation? The lessons and lores of the past? Sharpened reading, writing and study skills?

Begin to broaden the margins of your life by asking for our **FREE** brochures listing upcoming courses (published January, June, September). **Call 228-2181. UBC centre for Continuing Education, 5997 Iona Drive, Vancouver, B.C. V6T 2A4.**

It takes great learning to understand that all things, events, encounters and circumstances are helpful.

Each one of us is unique in his own way. There is a divine purpose behind the life of everyone who comes into the world; no one has been created for nothing. We have something to learn from everyone. This is the mystery of humility.

Kirpal Singh

The genius of communication is the ability to be both totally honest and totally kind at the same time.

EDUCATION

The Vancouver WALDORF SCHOOL

". . . education for the whole child."

The Vancouver Waldorf School is an accredited independent school which was founded in 1971. We offer pre-school, kindergarten, and grade school. Today, several hundred Waldorf schools operate in countries around the world. The first school was founded in Germany in 1919, and in 1925 the Waldorf approach to education spread to North America. Each year new schools are being founded as they continue to prove their relevance to society as a basis for a modern art of education.

Based on the principles of Austrian philosopher, scientist and educator Rudolf Steiner, Waldorf Education is a spiritual dedication to the future well-being of mankind in a universal, non-sectarian way. The curriculum aims to help the children understand the nature of the human being, their relationships to the world and their responsibilities in it, by drawing, in a balanced way, from the humanities, sciences and arts.

Because young children experience through feeling rather than intellect, an artistic approach permeates all curriculum study. In this way, Waldorf Education strives gradually to awaken the intellectual faculties in a harmonious natural manner by bringing to maturity the feelings, imaginative qualities, will forces and social awareness of the children, in response to their needs. Children then are given the opportunity to live fully in their whole being and to grow into adulthood, capable of acting out of themselves with true self-assurance whatever life brings.

To give the right subject at the right time is an important principle of Waldorf Education. The plan of each day and the progression of subject matter through the grades is organized in response to the stages of development of the children. In pre-school and kindergarten we provide an atmosphere where children can play imaginatively and find joy in working together at simple activities. These would include baking, painting, handwork and music to give children rhythm throughout the week. The grade school curriculum includes Nature Study and Science, History and Literature, Foreign Languages, Mathematics, English Language and Literature, Geography, Art, Handicrafts, Gymnastics, Eurythmy and Music.

WALDORF SCHOOL ASSOCIATION
of British Columbia
2725 St. Christopher Road,
North Vanocuver, B.C. V7K 2B6
985-7435.

SELLING FOR PEOPLE WHO HATE SALES

EDEN SEMINARS

This course defines sales as "Giving people the opportunity to buy what they already want." You will get comfortable selling, enjoy selling and learn effective communication strategies for selling based on the NLP model.

Whether you have a product or service you think is valuable but don't know how to market, or you're a seasoned sales person looking for new strategies for expanded success, this course is for you. Call 263-0564.

ENERGY & THE ENVIRONMENT

GREENPEACE

Greenpeace, founded in B.C. in 1971, is a direct action environmental pressure group now established in countries around the world. Investigative research provides briefs highlighting problems that allow us to lobby governments and corporations for positive changes. Educational films and lectures in schools encourage the next generation to be more environmentally aware.

Volunteer skills are always welcome, and our Vancouver office has a research library open to the public, as well as merchandise for the casual visitor.

Lifetime Membership: $15.

The Greenpeace Foundation,
2623 West 4th Avenue
Vancouver, B.C. V6K 1P8
736-0321.

SPEC

SPEC is a non-profit environmental organization formed in 1969 whose purpose is:

- to reduce pollution
- to promote the maintenance of a healthy livable environment for all life.
- to conserve energy and non-renewable resources
- to promote proper management in harvesting renewable resources, such as fish and forests.
- to join with other ecology groups in promoting the protection of the world ecosystem and the fair distribution of the remaining world resources.

As a community organization, SPEC offers many continuing services:

- Upon request for information, SPEC provides fact sheets and indepth reports on a wide variety of environmental subjects.
- Speakers and visual aids (slide shows and videotapes) are made available at SPEC for schools, organizations and small groups.
- SPEC participates in public inquiries through the preparation and presentation of documented briefs.

Memberships are $20.00 for adults/families, $10.00 for students/seniors, and $100 for business/organizaons. All donations are welcome and are tax-deductible.

Society Promoting Environmental Conservation, 2150 Maple St., Vancouver V6J 3T3. Phone 736-SPEC.

ENERGY & THE ENVIRONMENT

THE WEST COAST ENVIRONMENTAL LAW ASSOCIATION provides free legal advice to anyone in the province with environmental problems.

THE WEST COAST ENVIRONMENTAL LAW RESEARCH FOUNDATION conducts workshops on environmental law and has published the following books:

Environmental Law: A Study of Legislation Afffecting the Environment of British Columbia $20.00

Land Use law: A Study of Legislation Governing Land Use in British Columbia $25.00

Making the News, a clear and concise guide to using the media. It teaches you all you need to know about writing press releases, contacting media people and keeping their attention!.. $3.95

FOR LEGAL ADVICE OR INFORMATION REGARDING OUR PUBLICATIONS OR MEMBERSHIP, CONTACT US AT:
207 W. Hastings St., Suite 1001
Vancouver, B.C.
Telephone: (604) **684-7378.**

We live in a culture where practically everything is valued in terms of money. Only a few decades ago, most Canadians believed that wilderness was worthless — an undesirable and useless state of the land. The earth existed for our benefit — to be conquered and tamed, subdued and used. Wildlands were unproductive and unlimited.

Now things have changed.

Wilderness is on the brink of extinction. An ever larger share of the landscape is being utilized by industry and transformed. Wildlife is becoming scarce. As people become increasingly insulated from the natural environment during their daily lives, more and more of them crave a purifying wilderness experience for spiritual and physical renewal.

Many Canadians now recognize the need to safeguard at least some of our remaining wild surroundings from urban and industrial development. But there is an apparent price tag attached. How can we compare the value of preserving peregrine falcons, wild rivers, or Canada's tallest trees — against sacrificing them for immediate financial gain? The seemingly high cost of wilderness and wildlife conservation is illusionary and expresses our culture's short-term economic values.

Wilderness is priceless.

Wilderness sustains the complex living fabric of our earth. Its value to all human existence is incalculable and infinite. It is the foundation of all life.

Western Canada Wilderness Committee (WCWC) founded in 1980, is a federally registered charitable B.C. society dedicated to saving Western Canada's Wilderness through generating better public awareness of the issues and values involved. Among our publications are:

- 1983 Wall Calendar — $7.00
- 1983 Date-Sketchbook — $7.00
- Valhalla Poster — $1.00

(Wholesale prices available on the above items upon request.)

- Other posters and information sheets — free.
- Annual Membership Fee — $15.00

The Western Canada Wilderness Committee invites you to join us in our efforts to protect and preserve a segment of Western Canada's remaining wildlands. With your help and a broad base of support, the wilderness, the ultimate resource, shall prevail.

Western Wilderness Committee,
515-620 View St., Victoria, B.C. V8W 1J6.
(604) 381-9292/384-5112. Vancouver: 733-9009.

Heaven is my father and Earth is my mother, and even such a small creature as I find an intimate place in their midst. Therefore, that which fills the universe I regard as my body, and that which directs the universe I consider as my nature. All people are my brothers and sisters, and all things are my companions.

Cheng Tsai

An Open Letter to Diplomats:

DEAR SIRS: I do not ask for much, and yet I ask for everything, — I want to feel the sun's sure touch upon my baby in the spring. Again to see the earth renew her cycle of fertility; to know that missiles pass from view along with man's hostility. Please, use your strategy to turn the raven into a milk-white dove; don't let this earth be a funeral urn, but soil re-sowed with seeds of love!

Hopefully Yours, The World's Mothers

FOOD

THE CANADIAN HEALTH FOOD ASSOCIATION is a trade association of manufacturers, distributors and retailers lobbying on behalf of the industry and the consumer to ensure that quality health promoting products will continue to have their rightful place in the market.

The consumer who patronizes a C.H.F.A. member is ensuring their right to have access to wholesome products.

Watch for C.H.F.A. annual convention to be held in Vancouver in June 1983.

For further information write: **The Canadian Health Food Association** 208-1956 West Broadway, Vancouver, V6J 1Z2, or phone **(604) 734-5268**.

FOOD

Country Health

Serving the North Shore area for nine years, **Country Health** offers the highest quality in natural foods and supplements. We specialize in fresh dairy products, bulk staples (grains, beans, nuts, seeds, dried fruits, trail mixes, spices, pasta, protein and yeast) macrobiotic staples (miso, seaweed, rice etc.) We have an excellent book section (we will special order for you if not in stock) hypo-allergenic cosmetics, shampoos, conditioners and herbal creams. We have a full range of Korean and Chinese Ginsing products, bulk herbs and herbal combinations. **Country Health** is dedicated to quality and service. We invite you to come in and browse, and also enjoy a homemade meal from our health food bar. Nourishing, hearty soup is made fresh daily, also our famous 'Energy ' muffins, salads, sandwiches, herb teas and coffee, protein shakes, etc.

We are located in Westlynn Mall, at the junction of Lynn Valley Road and Mountain Highway, in North Vancouver. Open Monday through Saturday, 9:30 a.m. 'till 6 p.m. Thursday and Friday 'till 9 p.m. Take out service

— save time phone ahead — Telephone **988-1515.**

CRS WORKERS CO-OP

UPRISING BREADS BAKERY AND FOOD WHOLESALER

CRS Workers's Co-op is a worker-managed bausiness; it is owned and run collectively by all the members who work for it. There are two **CRS** industries in Vancouver; the **CRS Food Wholesaler** and **Uprising Breads Bakery.**

CRS Food Wholesaler is a warehouse which dispenses whole food throughout B.C., the Prairies and the Yukon. We carry about 200 products, mostly in bulk 10kg-25kg case sizes; including nuts, dried fruit, nut butters, baking supplies, rice, seeds, flour, beans, snacks, oils, pastas, granolas, coffee, grain and cheeses.

Orders may be placed by mail or by phone, two days in advance of expected ship-out or pick-up date. Minimum order requirement is $100.00. *We welcome and encourage buying clubs.,*

Uprising Breads Bakery produces a variety of wholesome breads, goodies and pastries for wholesale or retail trade; as well as providing delicious snacks and sandwiches for the lunch-time crowd. Open Mon-Fri, 8:30-5:30 and Sat. 10:00-4:00.

Uprising Breads Bakery — 1697 Venables **254-5635**, **CRS Food Wholesaler**—1239 Odlum Dr., **251-1585.** Please phone for further information and price lists.

Folklore

Herb & Spice Company Ltd.

Specialists in botanical products, spices, teas and health foods. 1 oz. to 100 lbs. We both wholesale and retail all across Canada.

We carry 120 spice selections, 75 medicinal and pleasure herbal teas, over 15 black teas, 20 flavoured teas (such as pineapple), and well over 400 medicinal herbs.

We offer several health food lines, vitamins, books, potpourri ingredients such as lavender, rosebuds and more than 40 essential oils.

Unusual items such as the Bach Flower remedies, fluid extracts, tinctures and gelatin capsules can be found in our shop.

We offer volume discounts and mail order service.

SANCTUARY SEEDS provides over 200 vegetable, culinary and medicinal seeds. Write for a free catalogue.

Folklore Herb Company, 2388 West 4th Ave., Vancouver, B.C. V6K 1P1. **(604) 733-4724.**

Good Morning Dairy Bar

1833 West 4th Ave.,
At Burrard
Vancouver, B.C.

- **Natural Ice Cream**
- **Sandwiches and Milkshakes**
- **Vitamins**
- **Soy Krean**
- **Nuts, Dried Fruit**
- **Juice, cheese**

Call to order case lots or bulk 733-3510

ISADORA'S

CO-OP RESTAURANT
GRANVILLE ISLAND, 1540 OLD BRIDGE STREET
VANCOUVER, B.C. V6H 3S6 PHONE 681-3748

ISADORA'S CO-OP RESTAURANT is a family restaurant with a difference! It is community owned (now over 1200 shares sold), providing nutritious, good tasting food at affordable prices.

Construction is well under way — opening expected April 1983. ISADORA'S **is located on Granville Island** next to the Waterfront Theatre.

There is still time to buy shares. Each $100 share entitles you to $25/free food annually for as long as you retain your shares in the co-op. Just send a cheque payable to ISADORA'S in full or buy on time $20/month (please enclose post-dated cheques). Telephone 681-3748 for more information.

For good food, late night entertainment and a relaxed atmosphere try us at ISADORA'S.

Lifestream

NATURAL FOOD STORES

Where can you buy. . .

Fresh organic produce: over 100 competively priced bulk goods: all major natural food grocery products: a comprehensive line of dairy products from the cow, goat and soybean: every leading branch of natural cosmetics in North America: an extensive library of natural food cookery and reference books: 100 different bulk herbs: nine major lines of vitamins and supplements: biodegradable cleaners and white paper products: over 30 literary, health and news magazines.

Where Else!

LIFESTREAM NATURAL FOOD STORES. **2582 West Broadway —** Manager, Michael Collens; **1813 West 4th Ave. —** Manager, Michael Tyner. Open 10:00-8:00 Monday-Friday, 10-6:30 Saturday, 11:00-6:00 Sunday.

Don't be shy. When you visit a store, go to an event, or use someone's service, let them know you saw their listing in *COMMON GROUND.*

FOOD

THE NAAM

There's an old Sufi saying, that an answered question is like a broken sword — not much good for anything. The Naam is a place where questions have flourished —, about right living, working, eating, and playing — and the questions continue to spice the soups and the conversation. To come to the Naam is to share in an ever-changing menu of fresh baked goods, thick sustaining soups, and delicious entrees.

Enjoy a warm, relaxed atmosphere in one of Vancouver's oldest natural food businesses, situated in the heart of Kitsilano. The Naam's life comes from creative cookery for over a decade, and is for those who need good food to sustain them on their journey.

NAAM NATURAL FOODS LTD. **Restaurant and Retail Store, 2724 West 4th Ave.,** Vancouver, B.C. 738-7151.

Hours: Restaurant: 12 to 9:30 p.m. (Mon.-Sat.), 3 to 9 p.m. Sunday. Store: 10 a.m. to 9:30 p.m. Coming Soon — *Sunday Brunch.*

PATELS

Patel's is an extraordinary market which offers East Indian essentials, Phillipine and Caribbean specialties, books to prepare the food by, cookware to prepare it in, and music to complete the mood.

Tropical produce like the mango and dozens of alluring others, are flown in weekly from Fiji and Hawaii. Goat meat is available, and frozen Yucca too. And of course there are flours, grains, oils, curries and condiments to fix a fully authentic East Indian dinner, including expert cooking advice by members of the Patel family. Fresh chappatis available daily.

The largest food store of its kind in North America, Patel's also offers a huge selection of East Indian music, from Ravi Shankar, to the latest pop.

Patel's, 2210 Commercial Drive, at 6th Avenue, is open Monday-Saturday, 9:30-6:00, Fridays till 9:00, and Sundays 11:00-5:00. 255-6729.

SHIN MEI DO

A brown savory paste used for flavouring other foods, miso has been a tradition in Japan for over 1,000 years. Miso is made from soybeans, rice or barley, salt and water, and fermented for a period of up to two years.

Its almost meaty savoriness adds delicious flavour to an unlimited variety of foods — from appetizers to soups, salads and entrees. Miso is a source of high quality protein and contains Vitamin B12. **Shin-Mei-Do-Miso** marks the rebirth of the traditional craft of miso making. We make our miso right here on Denman Island, using the best, fresh ingredients and old-fashioned, time-tested techniques. **Shin-Mei-Do Miso** is unpasteurized to preserve the vitality of its beneficial bacteria and enzymes, and contains no chemicals or preservatives.

Available through CRS Worker's Co-Op in Vancouver. **Yoshi and Lulu Yoshihara, Denman Island, B.C. V0R 1T0. 335-0253.**

SWEET CHERUBIM
NATURAL FOOD BAKERY
FOOD STORE & RESTAURANT

The people of **Sweet Cherubim** are dedicated toward providing good, wholesome natural foods at reasonable prices. Nutritious foods that are beneficial to our physical, mental and spiritual well-being, and are free from all chemical preservatives and artificial additives. Foods which not only taste good, but are good . . . good for you and good for your family.

We believe that food prices have gotten out of hand and that many mass produced products have sacrificed freshness and natural nutrition for artificial additives and production efficiency. In response to this situation, **Sweet Cherubim** has tried to bring back some of the natural goodness that foods used to have during the days of our grandparents. We have tried to do this in three ways:

One— by starting our own natural foods bakery where we daily produce fresh, nutritious and scrumptuous breads, muffins, candies, cakes, pies, nut butters and other heavenly delights for your eating pleasure;

Two— by developing a unique natural foods restaurant where the emphasis is upon economy, nutrition and good taste;

Three— by providing a select line of quality natural food products from all over the world including organically grown fresh fruits and vegetables, bulk nuts, grains, seeds, herbs and spices, fresh fruit and vegetable juices and other specialties.

Two locations to serve you:
3629 West Broadway (at Alma) 731-3022.
4242 Main Street (at 27th Ave.) 875-6255.

Theodora's
RESTAURANT
1812 WEST FOURTH AVENUE, VANCOUVER 738-6616

Theodora's, located at the corner of Fourth and Burrard, has been offering delicious, home-cooked food for the past seven years. In addition to the hot meals, we also offer sandwiches and salads. We also serve delicious breakfast items from 8 a.m. to 11 a.m., Monday thru Friday and from 9 a.m. to 1 p.m. on Saturday.

Recently renovated, we now operate as a gallery restaurant. Each month we have a new display of art works by local artists. Our current gallery showing is by Vancouver street artist, Lincoln Clarkes.

Come and try Theodora's — you'll be pleasantly surprised.

Theodora's Restaurant, 1812 West 4th Ave., Vancouver. Mon.-Wed. 8 a.m. - 6 p.m.; Thurs. & Fri., 8 a.m. - 8 p.m.; Sat. 9 a.m. - 4 p.m. **738-6616.**

Wild West Organic Harvest Co-operative

Wild West is the largest Canadian distributor of certified organically grown fresh fruit and vegetables. We also carry dried fruits, nuts, juices, yogurt and soy products. We sell both wholesale and retail.

To buy **in bulk**, order directly from the warehouse. All sales C.O.D., $50 minimum, case lots only. Shipping and delivery available. Buy direct and save!

The retail outlet on Granville Island is the place to go for handy quantities. 10% discount for seniors.

Store
Granville Market
Vancouver, B.C. 685-6639
Tuesday — Sunday, 9 am - 6 pm

Warehouse
1275 E. 6th Avenue
Vancouver, B.C. 873-4588/4589

Office hours:
8am - 4pm — Monday, Tuesday, Thursday & Friday

8am - 12 noon — Wednesday

Pick-up hours:
1 - 4 pm — Tuesday, Thursday, Friday
9 am - 12 noon — Wednesday

Food

WOODLANDS NATURAL FOOD RESTAURANTS offer the community the finest in natural, gourmet vegetarian cuisine at very reasonable prices.

WOODLANDS is daily a common ground for those wishing to relax and enjoy good food in a peaceful clean environment with gentle classical and instrumental music in the background.

WOODLANDS on Broadway features an ALL YOU CAN EAT BUFFET & SALAD BAR seven nights a week plus an extensive a la carte menu. All foods are **Satvic** vegetarian and contain no meat, fish, fowl or eggs. You'd be surprised how good they taste and make you feel.

WOODLANDS Natural Restaurant (Buffet & Waitress Service), **2582 West Broadway (at Trafalgar), upstairs,** Vancouver. 733-5411.

WOODLANDS INN (Self-serve cafeteria style—

1813 West 4th Avenue (behind Lifestream's Natural Food Store), Vancouver. 733-5528.

Woodlands Conference Room (on West Broadway) is frequently used by New Age groups for private meetings & wholistic health seminars.

May this food, prepared with love be shared and enjoyed in love — and may it contribute to the perfect unity of body, mind and spirit.

Margaret and co-workers attune to the catering needs of her customers to provide beautiful, fresh buffet items with emphasis on the foods of southern France. She cooks with fresh ingredients daily: broccoli bisque, walnut soup, tuna and pistachio terrine, country pate, provencal fish stew with rouille, black beans baked with rum, amber glazed onions, creamy rice pudding topped with candied, gingered zucchini.

For Christmas: Old English fruitcake, brandied mincemeat, French Canadian tourtiere, French Canadian rillettes, apple chutney, Christmas plum pudding with Cumberland rum butter. Also beautiful gingerbread houses for children and big people. Hansel and Gretel type and log cabin type. Created by Nancy Smith. Nancy also has 'edible edifices' available year-round.

Cooking instruction in: 'Buffet Entertaining', 'French Country Cooking', 'Vegetarian Cooking with a French Flair' and 'Cooking as Meditation or How to Remember God When Scrubbing Pots'. (Text: *Practising the Presence* by Brother Lawrence.)

Call **688-5880** for all your celebrations and gatherings. Gift certificates available — 'Breakfast in Bed, For Two' is a popular one.

Address: The Manhattan Housing Co-op, #34, 784 Thurlow Street, Vancouver, V6E 1V9.

CITY FARMER — Canada's Office of Urban Agriculture

if you're tired of buying food then join City Farmer and learn how to grow your own. Our research library, information booklets, 1983 calendar, courses, and demonstration food garden can help you become a city farmer. Call us! #801-318 Homer Street, Vancouver, B.C. V6B 2V3. (604) 685-5832.

COOKING FOR HEALTH THE MACROBIOTIC WAY

BARBARA LYMWORTH

Learn to create your own balance with the climate, the seasons, your own condition, and your goals in life. We will explore various cooking techniques using grains, beans and tofu, land and sea vegetables, nuts, seeds, and fruits in season.

Phone Barbara Lymworth, 263-3045.

EAST END FOOD CO-OP

IT'S YOURS TO SHARE

East End Storefront Co-Op provides one-stop shopping on a wide selection of grocery and household supplies including bulk grains, nuts, beans and dried fruit; cheese; canned and packaged goods; fresh produce (organic too); dairy and frozen foods. Our prices match or beat other stores on most items; special savings on case lots.

People interested are invited to "guest-shop" at the store.

Hours: 2-7:30 p.m., Tuesday to Friday, 10:30 a.m. - 4:30 p.m., Saturday and Sunday. 1806 Victoria Drive (at 2nd Ave.) Phone: 254-5044.

EDIBLE ISLAND STORE & WAREHOUSE

BULK NATURAL FOODS

This friendly market on northern Vancouver Island is run by a worker's collective. Stressing organic and bulk products, we have a full range of cheeses, produce, dried foods, vitamins and non-food items. Best prices on the Island. Wholesale and retail. Located 8 miles north of Courtenay. Open Monday — Saturday, 10 a.m. to 5 p.m., Thursday 'til 7 p.m. Call 337-8464, or write to Edible Island, Merville, B.C. V0R 2M0.

NEW HORIZON NATURAL FOODS

HERB SPECIALISTS, BULK HERBS

New Westminster's original health food store. (Established 30 years.)

Complete line of vitamins, minerals, cosmetics, juices, Sundance joggers, yogurt makers, sprouters, books, dairy products, bakery products.

Special orders taken.

615 12th Ave., New Westminster, B.C. 526-3120.

PAPAYA GARDEN

FRESH SQUEEZED JUICES

Creative sandwiches and salads. Freshly squeezed carrot, apple, orange and grapefruit juices.

Also specialists in Tropical Natural Juices like papaya, guava, and passion fruit, and veggie-burgers, fresh fruit and nut salad.

Papaya Gardens, 950 Granville Street (near Smithe and the Vogue Theatre) 685-9955.

SOUTH GRANVILLE HEALTH FOODS STORE LTD.

CROFT WOODRUFF, NUTRITION SPECIALIST

His background is 15 years of researching nutrition journals, and 10 years of practical experience in counselling, writing, and lecturing on nutrition, environment, and related issues.

South Granville Health Foods, 2961 Granville St., Vancouver. 733-1816.

The important thing is this: to be able at any moment to sacrifice what we are for what we could become.

Charles DuBois

GLOBAL & SOCIAL CHANGE

CANADIAN COALITION FOR NUCLEAR RESPONSIBILITY

The past decade has seen a new blossoming of opposition to nuclear power and weapons. People have stopped listening to industry and government "experts". They have checked the facts for themselves. They have discovered they were lied to — about the dangers of fallout and nuclear power plants, and the "need" for ever more nuclear weapons. They have attended uranium mining licensing hearings and found them hopelessly corrupt, run by the very bureaucrats who are promoting nuclear power.

As people have become informed, they have grown angry at the betrayal of their trust. In communities across the country, in groups of tens and hundreds and thousands, they are organizing. They will not permit more dollars and lives to be wasted on a nuclear technology which benefits only a powerful few, and threatens us all.

Historically, groups opposing nuclear power and nuclear weapons have often been separate. In the past few years, however, people in both movements have begun to coordinate efforts, as we realize how closely these problems — and their solutions — are linked.

Come to our meetings on the first tuesday of every month at SPEC, 2150 Maple St., 7:30 p.m. For further information call 734-8915, 687-6510 or 988-4346.

Get informed: C.C.N.R. 2148 Cornwall Avenue, Vancouver, B.C. V6K 1B4.

Membership: $15 annually.

Distributors of *NoNukes Newsletter, Nuclear Free Press*, books, literature and videotapes. Also speakers available for meetings (in English or French).

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oxfam

OXFAM-Canada has launched a special campaign for Nicaragua and we need your help.

The war that ended in Nicaragua 3 years ago left: a war devastated country, a victory over one of the world's most corrupt dictatorships and the means to build a better future for the country's people.

Yet this future is being threatened by U.S. attacks on this small nation. Not only are there US attempts to cut off international aid and loans to Nicaragua but the CIA has a $19 million destabilization plan to train ex-Somoza national guard. In the middle of December these ex-Somozatroops shot down a helicopter which was transporting children. 75 young Nicaraguans were killed.

What can you do? Act now.

Ask OXFAM for a speaker on Nicaragua for your union, church or community organization. Send a letter or telegram of protest to Alan McEachen, Minister of External Affairs, OTTAWA.

And you can make a donation to OXFAM for Nicaragua. Your action is desperately needed now. Please respond today to: OXFAM, #204-2524 Cypress St., Vancouver V6J 3N2. Phone: 736-7678.

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e ART hling
sur VIVA l
p ART y

common ground **SHARED EARTH**
com- (prefix: with, together, very. . .)
comb- to search thoroughly
combat- to struggle, resist, content
comfort- (ah yes)
comic- (as opposed to computers,. cybernetics, cruise missiles. . .)
coming- (as Second?; desired action?)
commerce/commodity (Small's beautiful)
commingle- (**SURVIVAL**, of course!)
commitment- (natch)

COMMON- general, prevalent, frequent, familiar, related, connected, usual, alliance, rapport, consanguinity, filiation, associate, allied, kindred, popular (esp. **UNIVERSAL** n.b. ibid.- viz. **ZEN** op.cit.) union, league, confederacy, coalition, **PARTY,** cabel, faction, junto, parallel, collateral, abreast!, companion, composite, combine, communion. . .(oh, sure: vulgar! ordinary! inferior! cheap! pedestrian! plebian! base!. . .)
grin- grog - groin - groove - grotto - **GROUND**- (anglo saxon: grund- bottom, earth), region, position, foundation, evidence of premesis, testimony, warrant, witness, manifest, keystone, support, plan, under, **EARTHLING,** egg, seed, embryo, foetus, bud, **GROUNDSWELL** root, nucleus, nest, gracle, nursery, womb, clime, zone, meridian, latitude, field, court, street, abode, plot, patch, precincts, island, dominion, state, colony, *commonwealth,* republic duchy, kingdom, empire, ward, commune, parish, province, terrain, territory, tract, circuit, district, hemisphere, soil, area, realm, stronghold, footing, stepping-stone, parachute, plinth, place, stratum, stage, platform, **EASEL** buttress, chassis, scaffold, coffee, hold, perch, shoulder, arch, axis, beam girder, skeleton, seat, saddle, throne, ottoman, dias, horse, birth, bunk, bed,

. . . ZERO. . .

for information on **SHARING EARTH**
through such groups as INTERNATIONAL REGISTRY OF WORLD CITIZENS ** **WORLD ASSOCIATION OF WORLD FEDERALISTS** ** WORLD CITIZENS ASSEMBLY ** **CANADA-USSR ASSOCIATION** ** WORLD CONSTITUTION AND PARLIAMENT ASSOCIATION ** **WHIRRLED ARTIST FOR PEACEFUL STATES OF MIND** ** POST ART: (global mail image-exchanges). . . .
contact Herbee Planet or Dr. B.W. Wiggle (Physicians for Social Jocularity):
e.s.p.
3765 Westhird Ave.
Vancouver PACIFIC COLUMBIA
V6R 1M2 (604) 228-0432.

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seva

Seva is an international charitable society dedicated to lessening human suffering through conscious action. We assist individuals and projects which promise a direct improvement in the quality of health, life and environment to members of any community.

Seva is a Sanskrit word meaning 'service'. Our watchword is "technology in service to humanity, the intellect in service to the heart."

Seva's main project at this time is the campaign to end all preventable or curable blindness in Asia. On January 30, **Seva** sponsors "The Eye Ball", a festival of entertainment at Robson Square (1-5 p.m.) to benefit this project.

For more information or to make a Canadian tax deductible donation write to **Seva**, 4843 Collingwood St., Vancouver, B.C. V6S 2B5.

DANIEL ELLSBERG SPEAKS IN VANCOUVER

PENTAGON PAPERS TO NUCLEAR ARMS RACE

The man who released the Pentagon Papers and was a primary target of Nixon's "plumbers", will be in **Vancouver on Friday, February 25, 1983.**

He will speak about the nuclear arms race and disarmament at UBC's War Memorial Gym at 8:00 p.m.

After a time of study and introspection, he has re-emerged older, wiser and laying claim again to the title "most dangerous man in America", given to him by Henry Kissinger.

For info call 734-2715 or 736-2366.

HEALTH, HEALING, & BODYWORK

Aromatherapy
Margaret Kruger

Aromatherapy — The healing and beautifying properties of the essential oils of flowers and herbs ("The art of aromatherapy" — Tisserand).

The treatment is given in our meditation and healing room in a calm, relaxing atmosphere with gentle taped music. The session lasts 1½ hours, beginning with an attunement between practitioner and client, and consists of an aromatherapy massage (Shiatsu and effleurage) with emphasis on the feet and head, and a full facial complete with herbal steaming and floral lotions.

Towards the end of the session, as the client drifts off with soothing pads on his/her eyes, my partner, Leagh plays his bamboo flute. The session concludes with the partaking of a hot cup of herbal tea. Gift certificates are available

For further information
Call **688-5880.**

BIOKINESIOLOGY

HENRY DORST

BIOKINESIOLOGY (ACCORDING TO DORST) is a technique whereby *you* can better interpret what is good for you so that *you* can act to remove your emotional as well as your physical blocks in order to live more fully. Using simple and specific muscle tests, you can, with the assistance of a friend, interpret the changes of your Bio-energies in your muscles, other tissues, your meridians and your 'CHAKRAS' in response to foods, vitamins, acupressure, reflexology, exercise, colours, affirmative thoughts and emotional release techniques.

YOU KNOW MORE THAN YOU THINK is a two-day workshop and UNBLOCKING EMOTIONS FOR HEALTH is a 28-hour training, both offered *monthly* in Vancouver by Henry Dorst, presently the only Biokinesiology instructor in Canada, certified by the BIOKINESIOLOGY INSTITUTE of Shady Cove, Oregon.

For information, write or call:
BIOKINESIOLOGY (A.D.), Vancouver Health Enhancement Centre, 2021 Columbia Street, Vancouver, British Columbia, V5Y 3C9. **(604) 732-1846.**

The Canadian Holistic Healing Association invites you to **The Vancouver Health Enhancement Centre** at 2021 Columbia Street (between Main and Cambie at 4th).

Services include: province-wide holistic health networking, information sharing and referral to holistic practitioners; a large, self-help library; a qualified wellness consultant who answers health questions on request; classes and workshops on a variety of holistic topics; resident therapists practicing a variety of non-invasive healing techniques; and rental space available for seminars and classes sponsored by area holistic groups and/or teachers and healer. Some rental space is still available for practitioners. **876-5955.**

We invite you to our **grand opening celebration:** January 13, 1983, from 6:30 p.m. to 10:00 p.m. Food, fun, music.

CAT

THE COALITION FOR ALTERNATIVE THERAPY

The Coalition for Alternative Therapy was federally incorporated in 1979, by its founder and first President, Victor Triffon. It's original purpose was to lobby for freedom of choice in health care, particularly as it related to natural cancer therapies. It has now taken on broader dimensions, easily summarized by saying that there are many people who prefer a nutritional and other non-drug approaches to health care, and that they want the same freedoms as are now currently enjoyed by those who prefer drug therapy. There are many approaches to health care. We need them all, working together. Anyone supporting this concept is encouraged to join.

A completely volunteer organization; members include public and professionals, run by an annually elected Board of Directors.

A quarterly newsletter, *OPTION*, brings information on alternatives as well as local and international political information as it relates to health care.

Contact:
INEZ BIRTCH
1263 Wellington St.,
Port Coquitlam, B.C. V3B 3Z9
(604) 941-7440.

Sally Cole
MASSEUSE
R.M.T.

SALLY COLE, REGISTERED MASSAGE THERAPIST, announces the opening of DEMETER HEALTH STUDIO.

She welcomes all her old patients, and invites new patients as well. Demeter Health Studio is dedicated to your good health. Massage is very effective in promoting well-being, improving circulation, relieving many painful medical conditions, speeding the healing of injuries, relieving tension, maintaining muscle tone and helping in the elimination of cellulite deposits and toxins. It is a vital part of preventative medicine. Experience the healing art of massage therapy, complemented by hydrotherapy.

Partial coverage under B.C. Medical Plan, with doctor's referral.

By appointment only. *A healthy body is a happy body.*

Demeter Health Studio
2847 West 4th Ave. (at Macdonald)
Vancouver, B.C.
733-9017

YVETTE EASTMAN METHOD OF REFLEXOLOGY

REFLEXOLOGY is used to reduce tension and restore the body's natural rhythm by ensuring that the 'energy paths' of the body are unobstructed. The relaxed state which reflexology induces is brought about by applying a compression technique to reflex or pressure points in the feet or hands which produces a response (reflex) in the corresponding organs of the body. Circulation is stimulated, tension is reduced and health, in general, improves.

The Canadian Institute of Reflexology is both a centre for the study of Reflexology and a place to obtain a relaxing session. Sittings are performed by Yvette Eastman, founder and director of the Yvette Eastman Method of Refloxology Ltd., who has her practice on the premises. Yvette is your seminar and workshop instructor.

For information regarding seminars or reflexologists in your area contact:

Yvette Eastman Method of Reflexology Ltd., CANADIAN INSTITUTE OF REFLEXOLOGY, 49 Queens Street, Port Moody, B.C. V3H 2N3. Phone: (604) 936-3227.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame and diet, and the cause and prevention of disease.

Thomas A. Edison

Health, Healing, & Bodywork

HEAL YOURSELF THROUGH BODY AWARENESS

- **Deep Muscle Therapy**
- **Foot and Hand Reflexology**
- **Shiatsu**
- **Metamorphic Technique** (neutralizing of pre-natal trauma, the foundation of our present reality.)

Exploring the arena of your body is an unfolding process. As this journey begins you discover your armour of self-protection. This can limit your potential by creating tension and pain trapped within the body structures.

Under the nurturing guidance of **Shelora Dalen**, a trusting environment is created, allowing your body to release stress and tension at its own pace. Gradually the structures realigns, integrating body, mind and emotions. An experience of deep relaxation, peace and harmony is realized, and your natural healing powers are restored.

Shelora Dalen is a graduate of the College of Massage and Hydrotherapy, a member of the North American Shiatsu Institute, and has certification in first aid and aerobic fitness instruction. She has furthered her studies in Gestalt, Therapeutic Exercise, Reiki, Kinesiology, Nutrition, and attended various workshops in Communications and Self-awareness.

For appointment, call 732-3036.
Workshop space also available.

HOLISTIC HEALTH CENTRE

738-4428

Applied Transpersonal Education

Offers a broad range of skills leading to the integration of mind, body, emotions and spirit within a transpersonal educational setting. Uses a series of tests designed to determine stress level, stress symptoms and teaches the ability to reduce the stress level and symptoms. Testing for stress age also. Biofeedback training and floatation tank techniques are taught for release of tension, stress reduction and meditational practices.

Emphasis is on self-directed development by direct practice. There are ongoing and periodic workshops and seminars; insight sessions involving individual and group work.

Day, evening and weekend sessions by appointment. Sliding scale fees. Associate membership are offered on a yearly basis. Free introductory lecture with meditation period every Thursday evening at 7:30 p.m.

For information, call 738-4428,or stop by at **2245 West Broadway, 2nd Floor,** Vancouver, B.C.

INTEGRATED HEALTH CENTRE

The Centre was founded in 1978. The facilities have expanded and now provide space for massage therapists and other health practitioners.

We provide a stress free environment for clients and practitioners. The focus of the Centre is well-being, encouraging personal responsibility for health care.

Five registered massage practitioners are doing therapeutic massage including stress reduction; medical conditions referred by M.D.'s; pre-natal and post-natal massage; hydrotherapy and actinotherapy; one natural healing practitioner doing Reiki; and one herbal therapist.

For appointments with the following practitioners call the **Integrated Health Centre, 4676 Main St., Vancouver, B.C.** at **879-2319**; Mary Ann Code, R.M.T.; Ashala Jansen, R.M.T.; Audrey Sutton, R.M.T.; Derek Youngs, R.M.T.; and Launa Colombis (Reiki).

For appointments with Rayana Ryane, Herbal Therapist, call **533-2836.**

IRIDOLOGY INSTITUTE

IRIDOLOGY. A close inspection with one of the tools made available by our expanding technology, the iridology camera system reveals the iris of the eye to be a micro-computer readout of bodily functions and conditions that truly merits every thinking mans honest and fair-minded consideration. In this way, nature has provided us with a miniature television screen showing the most remote portions of the body by way of nerve reflex responses.

An analysis of your iris photo tells the location of disorder, inherent weaknesses and the areas of your body which need help. By focusing on strengthening these weaker areas, the idea of prevention can become a reality.

Holistic Healing using herbs and food, shiatsu and massage, yoga and meditation, reflexology, stress management, medical astrology, and numerology also available.

Call Rev. Gilles Brault, D.I.N.T. at 733-6230 or write to 2275 West 10th Ave., Vancouver, B.C. V6K 1G2.

THE PHOENIX CENTRE For Health Self-Care

Health is much more than the absence of disease.

Take a minute to think about that statement. Are you really healthy — in a state of complete physical, mental and social well-being? How much do you honestly know about how your body and mind work?

THE PHOENIX CENTRE believes most people simply do not know how it feels to be truly healthy and to feel alive and full of vitality.

In a 10 week course given by accredited medical and other professionals, THE PHOENIX CENTRE offers a comprehensive, integrated course in Health Self-Care, designed to help you acheive an optimum level of well-being.

You will learn:

- To know yourself, thoroughly from every angle
- To understand how your body works and what can go wrong
- To use all available self-care techniques
- Which exercise and relaxation techniques suit you best
- To devise, under supervision, your own long term programme for optimum health.

Sessions commence January, 1983.

THE PHOENIX CENTRE for Health Self-Care, 645 West 8th Avenue, Vancouver, V5Z 1C7. Phone (604) 873-1315. Dr. Charles Gregory, FRCP(C), *Executive Director*, Beverly Kort, M.A. (Psych), *Programme Director.*

EDEN SEMINARS

POLARITY THERAPY

POLARITY THERAPY. After a session of Polarity your body feels light, relaxed and alive. It is healing for the body and calming for the mind. If you want to improve or maintain your health, polarity produces the lasting results you want, quickly, and it's relatively easy to *learn.*

Polarity is a system of manual pressure point contact, yet its results lie beyond what you can expect from a simple massage. How does it work, and why does it work so well? Polarity works by balancing the life energy that flows through your body. It produces results because it works with the source of health — life energy.

Private Sessions. Pamper yourself, you deserve it!

Weekend Workshops. Learn to heal yourself, relax and energize your friends and family. Who do you know who could use one?

Professional Apprenticeships. Want a fulfilling, challenging career helping others? This program gives you that opportunity.

Contact **Howard Kiewe** at **Eden Seminars,** 263-0564. Howard is a graduate of Santa Fe College of Natural Medicine and is a Certified Polarity Therapist. He leads workshops throughout Canada and the U.S.

It is better to make mistakes with kindness than to perform miracles without love in your heart.

Mother Teresa

HEALTH, HEALING, & BODYWORK

ROLFING

Marten & Laara Gabriel
946-9475

Rolfing is a specifically designed series of manipulation- and movement-awareness sessions that promote orderly change to enlist the supportive benefits of gravity.

Rolfing can make you look, move and feel better. We aim to create a resilient, high-energy body via deep work on the connective tissues to facilitate more appropriate verticality of the whole human structure. Movement-awareness is used as a means to explore new options of more competent (mature) functioning (behaviour). This kind of bodywork occasionally has a profound effect on the emotions through the release of old trauma.

People of all ages get rolfed to soothe tensions, increase flexibility, seek relief from trauma induced by accidents or emotional upsets, improve atheletic performances or simply to enjoy the sense of wholeness and grace that are characteristics of a well-balanced body. **Marten and Laura Gabriel,** 946-9475.

Hey gang, let's face it. **Stress is Out!** Who needs it anyway!

Wouldn't you rather indulge yourself in a warm comfortable atmosphere, listen to soothing music, and partake of a particularly excellent massage, allowing your body to be bathed in the finest of oils?

I've been studying wholistic massage in the Bay Area of California and would be pleased to share my knowledge with you. I work in 3 styles of massage; acupressure, Swedish and Esalen. Separately or in combination, these techniques are superb for releasing stress, working out muscle tensions, feeling great or for simply *relaxing*.

Besides the wholistic body massage, I'm offering an introductory *Treat your feet* Special, that is another fine way to spoil yourself. It includes: an herbal foot bath, callous removal, application of natural foot balm, nail care, massage and reflexology.

Also available: • Herbal Baths • Fine Oils • Work Shops • Gift certificates (Great for Valentines)

KRISTIE
682-8496 (24-hr answering service)

Vancouver Reflexology Centre

The Centre offers monthly weekend workshops, evening classes commencing each month, private sessions by appointment, an informal **free** gathering every Monday 7-9:30 p.m. (except Public Holidays), books and charts for sale, and a small reference library.

Foot Reflexology is taught and practised as a potent and safe method of relaxing and revitalizing the whole body, and is encouraged as a pleasant, healthy way to spend time with friends.

The weekend workshop or evening class series prepares you to competently practise Foot Reflexology with 16 hours instruction in the theories and technique. $60.00 one person, $50.00 per person, for two or more.

Private sessions are 25-30 minutes of **blissful** relaxation. $10.00 per session, five sessions $40.00. VANCOUVER REFLEXOLOGY CENTRE, Suite 101, 1045 West Broadway, near Oak St., Vancouver V6H 1E2. Phone: 733-2163.

WESTSIDE NATUROPATHIC CLINIC

Naturopathic Medicine is a family oriented healing profession which seeks to restore the natural balance of health to the individual. The Naturopathic Physician chooses from among the many natural modalities, the most appropriate to engage and stimulate the individual's vital energy.

Nutrition is the cornerstone of our approach while herbal and homeopathic medicines, physiotherapy, manipulation, colonic irrigation, acupuncture, acupressure and other natural therapies are used when necessary to promote healing and the re-establishment of harmony.

Each human being deserves personal attention and respect in order to evolve along his/her own individual path. We hope to be of assistance to this process.

Sid Weiss, N.D., Tom Glew, N.D., 2585 West 16th Avenue, Vancouver, B.C. V6K 3B9. Phone: 738-4085.

BODYWORK

PHILIP CLEMENT

Healing, a natural expression of self. Touching, revealing the presence of healing. Energy blocks opened — deep tension release — breath technique — postural integration — corrective massage — body-mind balancing. Holistic approach to health, satisfaction and well being. Health Enhancement Centre, 2021 Columbia St., Vancouver, V5Y 3C9. 733-6350.

EXPRESSIVE THERAPY

coastal healing arts

Expressive Therapy is a creative process for expressing feelings through many different art forms (such as movement, drawing, poetry, etc.) to promote strengthening and healing from within. Group workshops or individual sessions are available.

Call 874-9085 (Vancouver).

GREEN MAGMA

GAYE

Green magma: potent (dried) juice of young barley grass. Proven experiments indicated the juice of barley grass can rejuvenate cells and tissues, repair damaged DNA, restore cellular activity and prevent again of tissues. Call 687-2783 or 873-0232 (ext. 31).

HEALING AND BODYWORK

ANNE MILLS, R.N., B.A.

I use a broad bodywork orientation to open the doors of our history, perceptions, attitudes, feelings, ideas, actions, illnesses and dreams; to let in light so we can evaluate our choices and restructure our lives accordingly. Call 261-5867.

HERBAL CONSULTATIONS

JUDY NELSON, C.H.

By appointment only. 7527 Kingsway (at Stride Ave.), Burnaby, B.C. Phone 521-5822. She is Vice-president and Dean of Dominion Herbal College.

HOMEOPATHY

ERIC MOONEY,
CHARTERED HERBALIST

Homeopathy is an effective and scientific system of healing that assists the natural tendency of the body to heal itself. It uses microdiluted remedies derived from plants and minerals to bring a person to a more balanced state of health. It is effective both as a preventitive in the maintenance of health and in the treatment of chronic ailments. For further information or an appointment, call 266-3130.

IRIDOLOGY

ROB BEDALL

Iridology: the science of interpreting the colour and structure of the iris of the eye in relation to the processes (metabolism) of the body and its organs. I suggest herbal remedies, diet and Back flower remedies to correct indicated weaknesses. Fee: $25. Phone 738-3326.

LIFEFORCE PRACTITIONER

MAHARA BUCHANAN

Rejuvenating and strengthening of life energy. Returning to the source. Open and access your dormant potential. Offering a haven of caring for self-healing of physical ailments, disconnections, emotional and mental overload. A deepening.

Call 732-3102.

MASSAGE THERAPY

NADH KAUR KHALSA, R.M.T.

Nadh Kaur Khalsa is resuming her practice of massage therapy beginning in January of 1983. Treat yourself to a relaxing therapeutic massage.

By appointment only. Please call 733-5072.

KUM NYE RELAXATION WORKSHOP

Developed by
TARTHANG TULKU

Tibetan Self-healing System. Develops relaxation, alertness and balance through breathing exercises, slow movements, and self-massage. Practices stimulate subtle body energies, reveal new dimensions of experience and transform limiting patterns.

Instructor: Michael Dow, Dean of Nyingma Institute, Berkeley CA. Dates: Feb. 5-6, 9-5 p.m., $75 ($65 before Jan. 29). Location in Vancouver to be announced. Call 876-6741 (Lesly Merrill), 874-2997 (evenings Janice).

HEALTH, HEALING, & BODYWORK

MASSAGE THERAPY
DONNA REEVE, R.M.T.

Therapeutic massage including trigger point therapy. Specializing in whip-lash treatment. By appointment only. Phone 873-8041.

MASSAGE THERAPY CENTER

Massage for stress, tension and specific medical conditions, treated by Registered Massage Therapists.

B.C. Medical coverage available with doctor's referral.

By appointment only, 873-4150. 158 E. 11th Ave., at Main, Vancouver.

THE METAMORPHIC TECHNIQUE
LEAGH GABRIEL

Metamorphosis — new approach to healing — a step beyond reflexology. through simple work on feet, hands, and head, one's life-force transforms one from who one is to who one can be. A four-week series of classes begins the first Monday of every month. Phone 688-5880.

THE MIRACLE OF GEROVITAL
CLAYTON VANCE

Gerovital H3(GH3)has been called the fountain of youth, the miracle anti-aging vitamin, the total rejuvenator. Proven effective in many cases against such degenerative diseases as senility, arthritis, rheumatism, muscle fatigue, depression, stress, poor circulation, age spots, varicose veins, graying hair, balding, and wrinkles.

Dr. Ana Aslan's Romanian formula now available for your own personal use. Clayten Vance, 873-4086.

ORIENTAL VISUAL DIAGNOSIS (BODY-READING)
SHANTI AZIZA

Oriental Visual Diagnosis is the 5000-year-old art for reading and understanding the information our bodies offer us. Skin colour and markings, shape and posture, iris, 12-pulse readings, etc., reflect our internal condition and energies.

Shanti Aziza uses traditional oriental reading and healing techniques as well as palm and energy healing and chakra balancing in the healing process. 733-6714 or 734-4681.

REGISTERED MASSAGE THERAPY
HARRY FRASER, R.M.T.

Harry Fraser, R.M.T. announces the opening of his practice for general and therapeutic massage treatments. Out calls available. B.C. Medical coverage applicable with doctor's referral. Phone 228-1763.

WEIGHT LOSS — 100% GUARANTEED
HARRY FRASER

Weight loss — 100% guaranteed or your money refunded. New product incorporating natural herbs can remove 25 pounds a month while fulfilling your body's nutritional needs. Improving your health is our main aim. Enquiries regarding full or part-time distributerships welcomed. 228-1763.

MOVEMENT

Lifestyle Recreations

Lifestyle Recreations is concerned with the development of the total person — physically, mentally, and spiritually. We offer sports of every description, and participation in a wide range of activities at a price that is affordable.

Tai-Chi — Body and Mind in Harmony. Tai-Chi is an ancient Oriental exercise discipline practised for health, meditation, energy flow and self-defense. Students will learn basic movements designed to increase their balance, rhythm, flexibility and gracefulness.

Aerobic exercises. To improve your flexibility, endurance, coordination and cardiovascular system, aerobic exercise classes are available on a regular basis.

Group Activities. Group activities include cross-country and downhill skiing, skating, bowling, hiking, camping, dances, dinners and other social functions.

Workshops. Prosperity and abundance, assertiveness training, career and lifeplanning are some of the personal growth workshops that are available.

Come join us now — and discover how much more there is to life.

Just call **Brian MacDougall** at **738-1277** or **926-5638. Lifestyle Recreations, 305-1385 W. 8th Ave.,** Vancouver, V6H 3V9.

DANCE CLASSES
HEATHER WILKINSON

Dance classes with a difference, oriented towards the healthful and artistic development of your own ability to move. Classes will uitilize releasing techniques such as imagery, breath, focusing stretching, and improvisation. Led by Heather Wilkinson of Pacific Motion Dance Company. 733-0584.

SOAR LIKE A BIRD. . .
HARRY FRASER

Soar like a bird. . . with a little help from an Ultralight. North America's premiere powered hang glider provides a safe, inexpensive way to indulge your urge to fly. Avoid the spring rush — register now for your introductory flight and lessons. Further information: 228-1763.

SYNERGY MOVEMENT WORKSHOPS
MARY CRAIG

Incorporating deep stretching, strengthening, balance, co-ordination, individual expression through choreography, creative movement skills, energy awareness, spontaneity and dance interactions.

Body Workshops: Tues (Continuing)/Thurs. (Basics), 5:30-7:30 p.m.; $24 Monthly Movement Workshops: Tues (Basics/Thurs. (Continuing), 7:30-10:00 p.m.; $26 Monthly. 2801 Hemlock St., Vancouver. Phone 738-7425.

T'AI CHI CH'UAN
WAYNE PALLANT

T'ai Chi, with its 14 century history, is considered to be the supreme martial art form of China. It combines slow, rhythmical movements, a relaxed breathing pattern, and a concentrated mind. The movement patterns are reminiscent of a dance. The motion is regulated by the principles of Yin and Yang. For information about classes, phone Kitsilano T'ai Chi Center, 1695 W. 7th, Vancouver, 733-7558.

Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me, and just be my friend.

Albert Camus

The revolution is like a bicycle. . . when it stops it topples.

Fidel Castro

Worry is like a rocking chair; it will give you something to do, but it won't get you anywhere.

PSYCHIC ARTS & INTUITIVE SCIENCES

ESP PSYCHIC FAIR

The E.S.P. Psychic Fair is an annual event held in **Vancouver, Seattle, Victoria, Edmonton, Winnipeg** and **Toronto**. The coordinating center for these fairs in Vancouver, rents exhibit space to Individuals and Groups involved in *Psychic, Spiritual,* and *Self Development* as well as other related fields. For the past 3 years, the Vancouver Fair has drawn approximately 6,000 people over the 4 days that the event is held.

Affiliated with the *E.S.P. FAIRS* is an organization called **Fascinating People.** Year round, we actively promote Psychics and Individuals practicing the *Natural Healing Arts.* Through **Fascinating People,** psychics and others are recommended for shopping malls, parties and private sessions. For further information, or to participate, contact Michael G. O'Brien at 3724 West Broadway, **224-6013.**

Sally Fenno

CLAIRVOYANT

Life Readings &

Growth Counselling

(604) 985-0741

The essence of my clairvoyant practice (2- to 3-hour private sessions) consists of identification and description of underlying, unconsciously-functioning patterns and their effects. Once patterns are seen, it becomes apparent that external behaviour, responses and interactions have their roots within.

My function is essentially that of a mirror — providing insight and perspective into those aspects of inner and outer growth and awareness which comprise one's current step along one's Path. Outward manifestation is only the tip of the iceberg. Remodelling the external without awareness of and attention to that greater portion of the Self which lies beneath the surface cannot lead to meaningful and lasting change and growth.

Graduate of Berkeley Psychic Institute, 1976.

Individual sessions and growth groups.

Washington Psychic Institute

Church of Divine Man

THE WASHINGTON PSYCHIC INSTITUTE, the teaching arm of the Church of Divine Man, is founded on the principles of free will and personal growth. WPI is a place for you to explore your own psychic space and learn techniques that can help you as spirit gain more control of your own physical reality.

Our basic training program begins with eight week classes in Body Magic, Psychic Meditation, and Spiritual Healing.

Also offered: Workshops, Spiritual Healing Clinics, Psychic Reading Demonstrations, Songfests, Church Services, and a One Year Intensive Training Program.

WPI/CDM was founded in Seattle, WA in 1976 and currently has eight locations from Portland, Oregon to Vancouver, B.C. Affiliated is the Berkeley Psychic Institute/CDM with branches throughout California.

In Vancouver: 655 W. 7th Avenue, Vancouver, B.C. V5Z 1B7. (604) 879-8707.

Questions, contact: Rev. Don or Michele Ley, 879-8707.

ASTROLOGY

JAN-SAR SKAPSKI

Specialization in psychological aspects of astrology with a primary focus on development of individual potential and ability for relating to others.

Former president of B.C.A.S. and editor of "The Ecliptic;" honorary member of "Association D'Astrologues" in Poland. Involved for over 25 years.

Also provided: computerized services under the name "CELESTICA" — Personal consultations — Astrology courses — Lectures. 6200 Sheridan Rd., Richmond, B.C., V7E 4W7. (604) 271-2558.

CLAIRVOYANT CONSULTATIONS, COUNSELLING, HEALING

REVEREND CHRISTOPHER SHIRLEY

Clairvoyant consultations give information about your present functioning and clarify aspects of your life. Taped, $45.00. Counselling individuals, couples or families for independent happier growth. $30.00/hour. Spiritual healing enhances your energy's natural flow. $10.00 Aurion Associates, Suite 101, 1045 West Broadway, nr. Oak St., Vancouver, B.C. V6H 1E2. Phone: 733-2163.

CLAIRVOYANT COUNSELLING

ADA GABRIEL

For people interested in free will, self-determination and self-healing. Phone 732-3118.

PSYCHIC PARTIES

ASHI AND SHIRLEY

Hostess has her readings free! Invite six or eight friends over. While you socialize, each guest in turn enjoys two private half-hour readings. in a trance session with Shirley, your guides advise you. In addition, Ashi reads your Tarot and Miracle Cards. Please call 684-9016 or 438-8528. $20 each guest.

PATRICIA SCOTT

PRIVATE CONSULTATIONS

Through the power of psychic guidance, Patricia gives readings using tarot, numerology and parapsychology. A consultation covers: relationships — psychological analysis -choices.

Workshops, classes, lectures available. Call 261-9780/873-2933.

Patricia also does inspirational songwriting.

ASTROLOGY · MASSAGE · REBIRTHING ·

LOUISE POHL, B.A., TEACHER'S CERTIFICATE

In addition to these three areas, I have extensive experience teaching and practicing psychic development, Chinese health care, and NLP. My eclectic background has enhanced my insight and resulted in my non-traditional approach to New Age ideologies. Phone 684-3809.

You can't change the past, but you can ruin the present by worrying about the future.

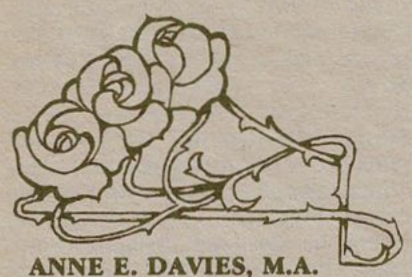
Imagination is greater than knowledge.

Albert Einstein

A willing heart finds time.

We see things not as they are but as we are.

PSYCHOLOGY, THERAPY, & COUNSELLING



ANNE E. DAVIES, M.A.
COUNSELLING & THERAPY

My practice is principally individual counseling and therapy with women dealing with life issues and stress. I specialize in the area of sexuality and work with women both individually and in groups to assist in the resolution of sexual difficulties. I do several groups each year directly related to Women's Sexual Issues and several more for Pre-Orgasmic Women.

My partner, **Brian Fisher,** counsels both adults and adolescents.

As co-therapists, we do relationship counselling, family therapy, communications training and work with couples experiencing sexual difficulties.

We offer professional vocational counselling for those experiencing employment problems or job dissatisfaction.

Our eclectic approach includes: encounter, gestalt, bio-energetics, body work, gestalt and fantasy in addition to traditional counselling forms.

Our office is located at the junction of two major bus routes and we have both day and evening appointments available.

210-1548 Johnston Road, White Rock, B.C. V4B 3Z8

For information on fees or upcoming groups, or to make an appointment, please call **Anne E. Davies**, 531-8555.

EDEN SEMINARS REBIRTHING

Eden Seminars offers private sessions, seminars and professional training in **Rebirthing** and related topics.

Rebirthing is a process you can use to rapidly and easily transform your life. It consists of three simple sets of tools:

1. The Rebirthing Philosophy and its practical applications.
2. The Rebirthing breathing process.
3. The Rebirthing Community and its seminars.

It is directed by **Gayle Lang** and **Howard Kiewe,** who are registered with Rebirth International. They trained as Rebirthers and Seminar Leaders with its founder, Leonard Orr, and have been leading seminars in Canada and the U.S. since 1978.

ONE YEAR SEMINAR: The unique aspect of the O.Y.S. is that the same group of people meet regularly one full day a month for a year. Each meeting a new topic is covered. Spiritual Psychology, Prosperity, Sex, Loving Relationships, Personal Power — to name a few. Guest leaders are invited to lead a day on their specialty.

Contact **Eden Seminars** at 263-0564.

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gestalt studios

DON BABCOCK and LINDA McDOUGALL offer their services as counsellors, therapists and consultants, working in a variety of contexts ranging from personal growth to family and business situations. Group seminars are regularly presented.

The presenting touchstones in this work with individuals are often the questions we ask ourselves such as *"What am I doing with my life?"*, sometimes manifesting themselves in physical symptoms. Relationship problems; the difficult negotiations required to handle the pragmatic affairs of life; the mobilizing of inner resources required for problems in studying, relaxing, assertiveness, communication, sex, and habit control, number among the situations that, when dealth with, offer an individual an opportunity to gain flexibility, creativity, and greater freedom of action.

DON BABCOCK is a master therapist originally trained by Dr. Fritz Perls and recently certified in Neuro-Linguisitc Programming (NLP). He has practised for fifteen years.

LINDA McDOUGALL is a therapist trained in Gestalt and Jungian therapy. She lectures extensively in Mythology and symbolism and is a Certified NLP Practitioner.

Address: 1806 West 13th Avenue, Vancouver, B.C. V6J 2H3. Phone 734-1959.

INNER FITNESS

RICHARD T. CLARKE & ASSOCIATES, INC. A rich resource of skilled, professional services for human growth, personal development, and happy living.

COUNSELLING: Individuals, couples, families. *Private and confidential.*

INNER FITNESS PROGRAMS: *One-hour-a-week* Mental Fitness Exercise Groups. *One-day* sessions in Self-Hypnosis, Positive Thinking, Emotional Release. *Two-day* Seminars in Attitudinal Fitness. *Four-day residence* program in INNER FITNESS.

CONSULTING: Services for *Business, Community, Education, and Health Groups.* Team building, stress management, motivation programs.

SPECIAL SERVICES: HYPNO-THERAPY. Audio Cassette Tapes. Creative support to couples in crises. Three month individual guided self-improvement.

We present a balanced blend of philosophy and practical skills. Our approach is holistic and seeks to creatively empower the individual and relationships.

WRITE: **P.O. Box 2151, Vancouver** B.C. V6B 3V3. Phone: (604) **683-1804.**

NLP TM AND ERICKSON HYPNOSIS

Neuro-Linguistic Programming TM and **Ericksonian Hypnosis**. We have a powerful spring schedule in 1983 that includes a 21-day N.L.P. PROGRAMMER TRAINING leading to Certification through the N.L.P. Programming Centre for Advanced Studies. This will be offered in 4 day-per-month segments from June through October.

Quarterly trainings, one evening per week, are currently being offered both in Introductory and Intermediate Neuro-Linguisitcs. This spring we will be adding a special training in N.L.P. TM for Business Strategy, Negotiation, and Personal Management and a training in N.L.P., Creativity, and Computers. We have special classes using N.L.P. computer programs for students to develop spelling, math, composition and creative-writing abilities. N.L.P. tutoring is also available for children with learning problems.

Ericksonian Hypnotherapy Training. Steven Gilligan, world-recognized Ericksonian Hypnotherapist, will conduct a week-long intermediate-advanced training in August 1983. To support readiness for this program, The Vancouver Whole Person will continue its schedule of Introductory Classes in the Language and Methodology of Milton Erickson. Our weekly evening program emphasizes videotapes, practice sessions and powerful exercises.

Vancouver Whole Person Counselling. Ericksonian and Neuro-linguistic consultation, counselling and training on a personal basis is available through daily appointment scheduling through the Vancouver Whole Person.

Vancouver Whole Person, Marilyn Atkinson, Director, at the Vancouver Health Enhancement Centre, 2021 Columbia Street, Vancouver, B.C. V5Y 3C9. **876-0916** or **872-1185.** (message).

PSYCHOLOGY, THERAPY, & COUNSELLING

PRIMAL PROCESS

New Vancouver Centre for Feeling Therapy

The New Vancouver Centre for Feeling Therapy is:

— For people who are exploring their emotions.

— For people who want to get more in touch with their feelings.

— For people who want to express their feelings without being overwhelmed or overwhelming others.

— For people who want to get through depression to the other side.

— For people who want to take command of their life, relationships, and vocation through a deepening experience of self.

Primal Therapy is profound and powerful psychotherapy based on fundamental principles of emotional and cognitive development. Since self-protective, imitative, fearful expression is primarily a denial of buried feeling commitments, re-connection with out infant and childhood integrity breaks open self-destructive cycles so that new patterns can finally be learned. The process of Primal Therapy works towards regaining our potential to live a whole, connected, feeling life. It involves recovering our birthright, our natural inner balance. It is about feeling our life through a connected heart, mind, and body. With whole feelings we are powerfully and vulnerably human. Without them our lives are a sad and meaningless imitation of what is possible.

Primal Therapy, properly practiced, offers you the opportunity to discover how to once again live fully in the present, and to be in touch with your freedom of choice rather than being compulsively driven by emotions tied to the past. It offers the opportunity to rehabilitate your capacity for natural love, commitment, and self-expression. The New Vancouver Centre offers intensives, individual sessions and group therapy when appropriate to support each individual's own process.

Historically, The New Vancouver Centre was established in 1976 as a private practice by **Marilyn Gossen, M.A.,** a registered clincial psychologist. The Centre format through the years has been strongly reflective of her experience, both at the Primal Institute in L.A. and the Certified Primal Therapists Center in Denver where she was a staff therapist for two years. The Centre, in 1982, is now again a private practice. Contact by phone only, please:

876-0916 (message).

SELF-IMAGE DEVELOPMENT THROUGH VIDEO

There is no more to us than meets the eye. Most of us still have a self-image formed in our early teens — one which now limits full range of creative expression in our physical appearance, feelings, behaviour, skills and talents.

Maureen McDowell uses the Video camera as an exciting new tool to reconnect you with valuable and fun-loving facets of your unique personality, integrating them into a new, more creative and alive *you.*

Featured are:

- personal Video/counselling sessions
- ALL YOU CAN BE: group video sessions for fun, feedback and friendship.

IMAGES: residential workshop with Maureen McDowell, Bennet Wong, M.D., and Jock McKeen, M.D.

Maureen is a social worker with 13 years' experience in personal, sexual, divorce and relationship counselling.

MAUREEN McDOWELL, M.S.W., 1295 Johnston St., Granville Is., Vancouver, B.C. V6H 3R9. Phone: 688-7148.

THE RELATIONSHIP TAPE

with Jim & Judy Sellner

The Cortes Centre

Judy Sellner, M.A. and **Jim Sellner, M.A.** are counsellors in private practice in Vancouver. They outline a unique approach to developing loving relationships. The tape is based on the Sellners' personal and professional experiences working with hundreds of couples in their practice and in workshops.

On *side one* you'll learn about the six stages of a relationship: 1. Romantic; 2. Why Are We Here? 3. Conflict/Power Struggle; 4. Stability-resignation and reality; 5. Commitment — The Decision to Care; 6. Co-Creative.

On *side two* you'll discover: The difference between Falling In Love vs. Being in Love. Sexuality as a source of Self-Esteem. What do men and women *really* want? how to put more life and love into your relationships.

To order send $9.95 + 6% tax + $1.35 for postage and handling (that's $11.90) to **SELLNERS'** 3675 W. 16th Avenue, Vancouver, B.C. V6R 3C3.

COUNSELLING

WENDY BARRETT

Member of the Canadian Physiotherapy Association. Experienced counsellor, therapist, feminist, lesbian.

My areas of special interest are body therapy using an eclectic approach. I also like working with people who feel themselves to be on the negative side of prejudice and those who are depressed or even suicidal, and preferably those with a sense of humour. Call 253-5809.

COUNSELLING

ROBIN RENNIE

(Formerly Robbie Young), M.A.

Becoming all of who you are, can be difficult and scarey as well as exciting. But wanting more quality in your life you begin a voyage of discovery and adventure. I use a variety of tools, including gestalt, fantasy, hypnosis, bodywork, my feminism — and myself — to accompany you on your journey. Sliding scale. 738-7557.

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In totally supportive, integrative therapy the issues and illnesses that kept you stuck become doorways you move through toward actualizing all that you can have and be. In Vancouver call 261-5974. Lilly tank available.

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DORIS MARANDA, M.A.

A self-awareness approach to fat and bulimia which focuses on breaking down the addictive and obsessional pattern of compulsive eating and of dealing with the root causes. Sandy 731-8752, Doris 736-7180.

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LESLY MERRILL, Ph.D.

6-1421 Maple St., Vancouver. 733-0045 or 876-6741.

Psychotherapist, Intensive Journal Consultant, Holistic Health.

FEMINIST COUNSELLOR

BARBARA SHUKIN, M.S.W.

Specializing in work with women and children who have been sexually abused; individual and group counselling; play therapy; focus on helping women and children overcome victimization process in past abuse. Fee: $25 per hour. Phone 873-0749.

HYPNOSIS AND COUNSELLING

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REGISTERED PSYCHOLOGIST

Jane Ambeau provides a variety of psychological services relevant to personal and health-related concerns. These services include counselling, hypnosis, stress management, relaxation training and assistance with weight control, quitting smoking, and managing chronic pain. She uses a non-sexist orientation with all clients. Fees are tax-deductible. #201-2786 West 16th Ave., Vancouver, B.C., V6K 4M1. Phone: 734-5655.

HAVE YOU CREATED YOUR MIRACLE TODAY?

JIVANA REGAN, Rebirther, Healer, Counsellor

I invite you to a powerful and magical process of transformation. We will use the breath together with the restructuring of thought, belief patterns, awareness and the use of affirmations. Phone 733-6714.

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MUMTAZ AHMED and SHELDON BILSKER

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All programs private and confidential. 681-7388. 681-7389.

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SHARON MELANSON, R.N.

Trade in your old habits for some NEW WAYS OF BEING. MONEY BACK GUARANTEE! Professionally trained, highly intuitive, broadly experienced. Call: 733-7732.

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SHARON COLLING, M.S.W.

Professional training workshops; educational inservices for your group or organization. Learn skills for working with groups and individuals around sexuality issues. Sexual decision-making, self-image, sexual communications, relationship issues, lovemaking concerns. Phone 733-6239.

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Counselling for stress management, holistic health, loving relationships and life planning. Imagination Training workshops — teaching visualization techniques for stress reducation, self-health, superlearning and awareness. #201-15225 Thrift Ave., White Rock, B.C., 536-3113.

SPIRITUAL PRACTICES

Church of Revelation
Crystal Eye Center

One God · One Humanity · One Life

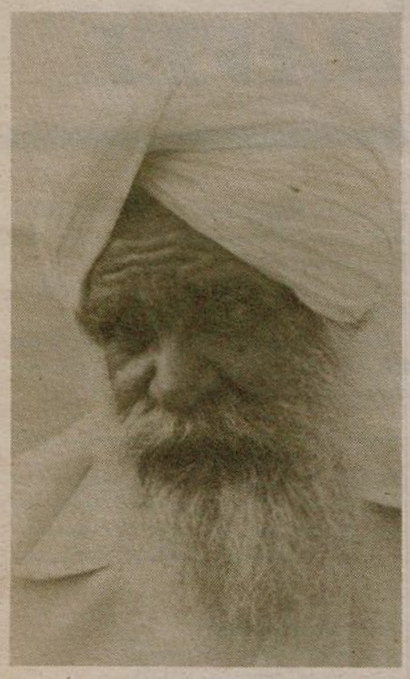
The ultimate purpose of this New Age Church and school is to share the Ascended and Ascending Masters of Light mystical and spiritual teachings showing the way to God Consciousness and Self-Mastery, using Rainbow Bridge Meditation and the principles and teachings of all spiritual paths. We teach wholeness, healing, seeing auras, and other gifts as well as development of soul psychic powers.

"Inner Light" Auric Spiritual Readings available by appointment. Ask any questions Past:Present:Future.

FULL MOON HEALING CEREMONIES, 7 p.m. Dec. 30, Jan. 28, Feb. 27, Mar. 28, CHURCH SERVICE, Sundays 1-2 p.m. Call 731-7684, or 879-4318 for our schedule of classes and seminars.

CHURCH OF REVELATION, CRYSTAL EYE CENTER, 555 W. 8th Ave., Vancouver. **Life is a celebration of living.**

One God, One Humanity, One Life.



Satsangs (Spiritual Gatherings) have been held in Vancouver since 1910 under the guidance of three of the greatest Saints of the Age, Hazur Baba Sawan Singh (1858-1948). Satguru Kirpal Singh (1894-1974) and the Living Master Darshan Singh (1921-).

The universal teachings of the Masters revolve around the need to contact and **experience** the inner Light and Celestial Sound Principle through accurate meditation and ethical living. A definite experience of spiritual Light and Sound is granted to every aspirant at the time of Initiation by a true Master. Without the help of a living perfect Master, it is not possible to experience much of the inner Way back to God.

The Light and Sound Principle was called by Christ as the *Word*, as *Naam* and *Shabd* by Guru Nanak and Kabir, *Kalma* by Muslim mystics, *Sarosha* by Zoraster, *Tao* by Lao Tsu, and *Nad* by the ancient Rishis. Masters have all taught that daily meditation upon the Light and Sound Principles purifies the body and mind, takes the consciousness inward and upwards, enables it to cross the many intermediate stages until the final Goal is reached — merger with God. But, without Initiation this is not possible.

Initiation by a true Master is not mere ritual or ceremony; it is the infusion of a higher-life impulse from a Master to a disciple. Real Initiation cannot be bought or sold — it is the opening of one's inner eye or third eye, and the unsealing of the inner ear, thus allowing communion with the Power of God. This initiation experience is then brought to fuller expression under the guidance of the Master-teacher through regular practice and by following his instructions.

DARSHAN SINGH is the spiritual successor of an illustrious lineage of Master Saints going back over 500 years. Like his predecessors, Darshan Singh lives off his own earnings, and never charges money for his teachings, Initiations or personal guidance. He is a perfect example of selfless love, humility, inner power, and integrity. His message is one of hope and of love for all. Darshan Singh may visit the West, including Vancouver, in 1983.

In Vancouver, regular Satsang Meetings and Meditatons are presently being held at: WOODLAND CONFERENCE ROOM, 2582 West Broadway (upstairs), Vancouver, B.C. V6K 2G1, 10:00 a.m. every Sunday (Meditation earlier). All are welcome. No donations or Fees.

Local representative (since 1965): AARAN STEPHENS, 733-5411 days — 732-8779 evenings.

Books available in 14 languages. Over 300 centres worldwide.

At Satsang, videotapes of the Master are shown.

The Living Master
SANT DARSHAN SINGH
resides at:
KIRPAL ASHRAM
2 CANAL ROAD
VIJAY NAGER,
DELHI, INDIA.

Kirpal Ashram

Kirpal Ashram is a beautiful, quiet and peaceful forest of twenty-five acres, located in Surrey, B.C., about 45 minutes from Vancouver, reserved for spiritual retreat and meditation.

The ashram was founded personally by the well-known Indian Saint, Kirpal Singh (1894-1974), in November 1972, as an ideal place for making advancement on the inner spiritual Way.

"The term 'Ashram' means a place of refuge — a spiritual sanctuary charged with the right type of atmosphere conducive to spiritual growth. In the hushing silence and thick verdure of green foliage, you will be blessed with the white radiance of the Master Power."

At the ashram, there is a programme of meditation and satsang (readings and tape recordings of the Masters' teachings) every day both morning and evening, open to all Sant Mat initiates, and Satsang every Sunday morning at 9:30 am, open to all interested in *"The Path of the Masters"* or *"Surat Shabd Yoga"* (the yoga of the inner light and celestial sound current), which is the Way taught by all Masters from time immemorial, of which **Kirpal Singh** and his successor, **Sant Ajaib Singh Ji of Rajasthan** are the modern day exponents.

For further information, please call Barbara Gaetz, 929-5340, or Judy Shannon, 594-5557. **Sat Kirpal Ashram**, 14011 Colebrook Road, Surrey, B.C.

ARVIND RAJNEESH MEDITATION CENTRE

Come celebrate with us. Meditate. Dance. Play. Explore your Inner Being. Meet and work with your qualified therapists in a variety of personal growth methods and body therapies. Call us at 734-4681.

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Mahayana Buddhist practice group, meeting weekly for meditation and study. Spiritual guide, Zasep Tulku Rinpoche. Periodically, we host open Dharma teachings and weekend meditation seminars with eminent lamas.

For more information call Deborah, 874-5323 or Mary Jane, 321-1433.

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DAWN COULSON

Meditation helps you to relax, sharpens consciousness, expands perceptivity, and increases wisdom. If you wish to attend a Vipassana workshop or intensive retreat with Dhiravamsa, please contact me at (604) 736-0993. I also organize workshops for Reiki master and Gestalt therapist Bethel Phaigh.

SPIRITUAL PRACTICES

FRIENDS OF FINDHORN

Friends of Findhorn is an informal group of ex-members and friends of the Findhorn Foundation, and intentional community in northern Scotland.

For information regarding Findhorn programmes, and local gatherings, call: Ricki and Michael Bertrand 879-3805; Paula Ford 263-7656; Margaret Kruger 688-5880; Jane Kane 984-8137.

THE SUFI ORDER

"Sufism takes away the boundaries which divide different faiths by bringing into full light the underlying wisdom in which they are all united."
—Hazrat Inayat Khan

Classes in meditation, choir, and dances of spiritual unity.

Information 874-5323.

3HO FOUNDATION

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Offering the practical teachings of Kundalini Yoga, meditation and natural lifestyle, to enhance the individual to become Healthy, Happy and Holy.

Kundalini Yoga classes Monday — Friday, 6:30 p.m., on a drop-in basis. No experience necessary. $2.

Sunday evening, 6:00 p.m., songs and prayers in the Sikh tradition.

Guru Ram Das Ashram, 3204 W. 13th Avenue, 733-5072.

TIME OUT & TRAVEL

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Great Expeditions is a leader in Canada in developing a broad range of international trips, from natural history to adventure and cultural appreciation. Our years of experience and contacts around the world enable us to arrange exciting and varied programs. Travelling in small groups we visit such places as the Galapagos Islands, China, Greece, Indonesia, Kenya and Nepal. We have travelled the globe extensively, lead the trips ourselves and demand that they be of exceptional value.

We are also publishers of **Great Expeditions Magazine,** a bi-monthly adventure magazine containing hard to find travel information, articles, and free information exchange.

Write or phone for our brochure detailing all our trips for 1983:

Great Expeditions, 2956 West 4th Avenue, Vancouver, B.C. V6K 1R4. Phone: **734-4948.**

THE SALT SPRING CENTRE & THE HOLISTIC CENTRE

Both Centres are under the umbrella of **Dharmasara**, a registered B.C. charitable society. **The Salt Spring Centre,** located on a beautiful 67 acre piece of land on Salt Spring Island, sponsors regular workshops and classes in Yoga, Tai-Chi, pre-natal education and various other holistic therapies. The program house, a large rustic heritage home, is ideally suited to hold such workshops. Personal work-study programs are offered as well.

The Holistic Centre, in Vancouver, likewise sponsors workshops and seminars in Holistic studies, and conducts ongoing classes in Yoga, **"Beyond Stress", "Getting Your Back Better"**, and pre-natal education. The Centre also has a full-time Registered Massage Therapist.

Both centres are available for rental.

For information:
874-3997 (Vancouver),
537-2326 (Salt Spring).

BICYCLING ASSOCIATION OF BRITISH COLUMBIA

The Association sponsors events of interest to recreational and racing cyclists. It is active in Vancouver city's bicycle advisory committee and it publishes the acclaimed Vancouver map for bicycle commuters. BABC, 1200 Hornby St., Vancouver, V6Z 2E2. 24-hr. Hotline: 669-BIKE.

HOLLYHOCK FARM

LEE & SHIVON ROBINSON

Beautiful retreat, workshop and gathering facilities on island beachfront with gardens and orchards amid cedar and fir forests. Round cedar church, workshop space, natural west coast cuisine. Rates from $35 - $50 per person per day include room and board. Hollyhock Farm, Box 127, Manson's Landing, Cortes Island, B.C. V0P 1K0. (604) 935-6465.

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Galiano Island retreat for sale. 3,000 square foot home on 1.7 acres of forested land overlooking Trincomali Channel. Southern exposure, very private. Architecturally designed — custom crafted. Extremely energy efficient: 3 air-tight stoves, 2 with hydronic systems; electric hot water heat back-up; super insulated. Large greenhouse off kitchen. 50 foot solar gallery on second floor. Sunken conversation pit. Ship-deck flooring throughout. Solid cherry-wood kitchen. Rayburn-Aga cook stove in addition to Jenn-Aire range. Low $300,000 range. Phone 224-1140.

SPACE TO LET

Group room available. Warm, light, furnished with carpeting and pillows. Access to lounge and coffee area; washrooms. Street parking. Rates: $30 per session — morning, afternoon, or evening. Call The Weaver Institute, 684-5355, for information or bookings.

I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.

Albert Schweitzer

Behold the Turtle who makes progress only when it sticks its neck out.

. . . Two roads diverged in a wood, and I — I took the one less traveled by, and that has made all the difference.

Robert Frost

Only those who risk going too far can possibly know how far they can go.

TOOLS FOR LIVING

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VANCOUVER, B.C. V6K 2G2
CANADA

Banyen Books is Canada's most complete transformative booksource, specializing in psychology, philosophy, mysticism, the esoteric, oriental and occult science, relationships, astrology, self-help, holistic healing and natural living.

WE'VE JUST OPENED A NEW PART OF THE STORE at **2693 West Broadway**, just two doors west. Our new space includes all of our books on Education & Parenting, Childbirth, Holistic Health and Healing, Herbs, Nutrition & Cookbooks, Gardening, Shelter, Energy, Crafts, Yoga and Fitness, Work & Prosperity, Ecology & Politics, and a new expanded Children's Book section. It will also have a Kids' Castle and a public meditation room soon, in addition to the usual seats for browsing, and displays of lead & quartz crystal, art cards and giftly illuminations.

Please drop in for a visit — we're open until 9 p.m. seven days a week. **Banyen Books,** open 9 a.m. - 9 p.m. Monday through Saturday and 1 p.m. - 9 p.m. Sunday. **732-7912.**

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BLACK SWAN is one of the city's original alternative record shops. Initially specializing in jazz, folk and blues, the focus has expanded providing a carefully selected, yet diverse representation of current domestic and imported rock, electronic, 20th Century classical and ethnic music streams.

A generous exchange program enables us to present one of the best used record selections in Vancouver.

We stock music publications, including: *CODA, CADENCE, EUROCK, N.M.E., LIVING BLUES*. . .and we are a ticket outlet for the VANCOUVER FOLK MUSIC FESTIVAL and PERRYSCOPE PRODUCTIONS as well as many independent producers. **2936 West 4th Ave., Vancouver, B.C. V6K 1R2. 734-2828.**

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Dance and fitness wear designed with your body in mind.

Our cotton/lycra and cotton/polyester/lycra blend fabrics combine the comfort of cotton with the best fit possible. Our line includes tanks, leotards, unisex, pants and unitards — a complete range of styles.

We invite orders from individuals and groups and also custom orders for those with particular fitting needs.

We welcome enquiries from dance schools and theatrical groups concerning costuming for recitals and productions.

Our garments are available by ordering directly from us: **Diane Aitken or Laurie Meyrick at 731-2720.**

Our line is also available at the following locations:

Cameron's Fitness Centre
Giselle's Theatre Dance Shop
ProMotion Fitness Wear
Weightlifter's Warehouse (at the Olympic Gym)

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the comicshop

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We are Vancouver's leading fantasy role playing shop, with hundreds of games, figures and supplements to choose from (the best prices, too!).

Located at 4th and Arbutus — 2089 W. 4th Ave., Vancouver, 738-8122, Monday to Saturday 11-6, Friday 11-8.

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NATURELLE FUTON TO SLEEP ON CO. LTD. is a business with a natural lifestyle orientation. We have been making high quality, natural fibre bedding products in Vancouver for the past five years. Our 100% cotton futon mattresses are hand made with care and attention.

A Western adaption of a traditional Japanese mattress, the Futon to Sleep On (TM) is constructed of layers of clean felted cotton batting encased in a durable 100% cotton fabric. The six-inch thick futon is tufted with special cotton cord to prevent shifting of the batting.

The Futon to Sleep On (TM) is a safe alternative for those who suffer from allergies or for those who are concerned with being exposed to toxic fire-retardant chemicals used in most mattresses. On January 1, 1982, a new Federal law came into effect requiring all mattresses sold in Canada to pass a stringent fire retardancy standard. There is evidence that seriously questions the safety of long term exposure to chemical fire retardants. We **do not** treat our mattresses with chemicals of any kind.

Our futons are made of natural, healthful cotton. They are sold as futon kits to make yourself, or as a kit for which we supply a service to complete for you. You may also buy a finished futon with your doctor's prescription (an income-tax deductible medical expense).

Our cotton futon breathes, facillitating the flow of your own body energy. You stay cool in summer and warm in winter. The Futon to Sleep On (TM) provides a **firm**, comfortable back support — the ideal sleeping surface, recommended by many chiropractors and other health practioners. For a softer support, we offer a deluxe futon, the same high quality cotton mattress with the addition of a one-inch thick high density foam core.

Used as a mattress, or folded into an attractive 'S' shaped couch, the versatile futon will enahcne any living area.

Our 4th Ave. store also offers a complete range of solid pine and oak bedframes, as well as quilts, pillows, futon mats, removable and quilt covers, and futon couch frames.

Naturelle Futon to Sleep On Co., Ltd., 2173 W. 4th Ave., Vancouver V6K 1N7. (604) 733-2985.

If you'd like to receive Common Ground in the mail for a year (4 issues) send us $4.

TOOLS FOR LIVING

Jay's Exotica Egyptian handcrafts is just that — exotic. This unique little shop on the North Shore has a sumptuous array of exotica, beautifully handcrafted by artisans along the Nile, in time honored designs handed down through the centuries.

Here are antique copper, inlaid brass and mother-of-pearl, in Pharoanic and Islamic designs, silver jewelry, fine embossed leathers from wallets to hassocks. Embroidered gallabias, baubles, necklaces and beads. Here is all the colour and excitement of a Cairo bazaar.

Come in and browse and talk **Egypt** with Jay who also takes small groups to this mystical land. The next all-inclusive tour for 22 days leaves Feb. 20th. For details phone him at **988-9515** or drop by the shop and pick up an itinerary.

JAY'S EXOTICA, EGYPTIAN HANDCRAFTS, 126A East 14th Street, (of Lonsdale), North Vancouver.

KAYA KAYA

An Authentic Japanese Crafts Store. All items are brought back from extensive trips in Japan.

Beautiful Sake and Sushi sets, the largest selection of high quality chinaware from the oldest porcelain towns of Arita and Imari (producing porcelain for the last 360 years).

Kimonos, Happy coats, Monpe (Ikat peasant pants) and quality cotton textile products such as Noren, (hanging) table runners, many of which are handwoven, or dyed with traditional methods of Katazome (stencil dying).

Exquisite lacquer boxes and trays. Bamboo vases. Antique woodblock prints and jars.

Children's folkwear and toys.

And many, many, more.

For unique and beautiful gifts, drop in at **Kaya Kaya, 2037 West 4th Avenue,** Vancouver, B.C. Phone (604) **732-1816.**

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All francophone material is available on order.

For all your francophone needs, please give us a call. We're open from Monday to Saturday, 10:00 a.m. to 6:00 p.m. and 10:00 a.m. to 9:00 p.m. on Friday for your shopping convenience.

Le Bouquineur French Bookshop, 1222 Robson St., Vancouver, V6E 1C1. (604) 687-5936.

MIDO FRAMERS

Adopting conservation quality standards, **Mido custom picture framers** has an art-conscious-grasp of what produces a work's best features. We have a wide range of moulding, both wood and aluminum. Also, we are able to create custom plexiglass frames for art work and art objects. Being a creative group, we have a reservoir of new ideas at our fingertips and are always willing to advise with framing ideas, and to teach correct conservation framing methods.

Over a period of ten years we have reached a level of craftmanship which is the best available. This service has been rendered with courtesy and friendship, evident by the same clients who have dealt with us for the past decade.

Mido Framers, 2952 West 4th Ave., Vancouver. 736-1321.

Phoenix Metaphysical Books

10202 - 152nd Street, Surrey, B.C. Canada V3R 6N7 (604) 584-7684

Phoenix Metaphysical Books offers a complete line of spiritual, metaphysical and occult books from Eastern and Western religions, meditation, yoga, consciousness-expansion and awareness to astrology, numerology, the tarot, reincarnation, psychic development, the aura, astral projection, etc., etc., and magic, Wicca, the Qabalah and alchemy. We also conduct frequent seminars, classes, workshops and lectures on these subjects and have available a complete mail-order catalogue.

To be on our mailing list, just give us a call or drop a note in the mail. Our hours are 9:30 to 5:30 Monday through Saturday; Thursday and Friday evenings till 9:00. We're located only 20 Call 584-7684.
four blocks off Highway 1 at the 152nd Street exit (or catch a 330 Ferguson bus on Hastings Street).

584-7684.

CLASSICAL NOTES

GUY OLIVER

Featured is a comprehensive selection of new classical records, layed out in an easily accessible manner, i.e. traditional, modern, individual artist's sections, etc. Individual requests are taken (with a deposit) if desired item not in stock. Prices are very reasonable and atmosphere relaxed. 2621 Alma, Vancouver, 228-9049.

ENVIRONMENTAL ENHANCEMENT

STAN STREET

Nobody loves standard florescent lighting. As an alternative, I am making available state-of-the-art lighting simulating daylight along with personalized lighting design and installation services.

For more information call 731-8850 or 733-3657, 2130 Blenheim St., Vancouver V6K 4J2.

FUTONS

AHRNO

Treat yourself to a handmade futon — an amazingly comfortable all-cotton mattress providing the appropriate support for the spine. May be used as a couch too.

Ahrno also specializes in creating covers, quilts, and cushions at fair prices. 733-6714.

THE MATERIALIST

CAROL CRABTREE

An eclectic assortment of good used clothing. Vintage, functional, and up-to-date cottons, woolens, rayons, and silks (this is no polyester paradise). Some hand-crafted original clothing. Curtains, linens, fabric pieces too. We specialize in low prices.

The Materialist, 2565 Alma, Vancouver. Open 12-6. Mon. thru Sat.

ETHNIC VANCOUVER

ANNE PETRIE

A guidebook to ethnic Vancouver: walking, shopping, and eating tours of Vancouver's ethnic neighbourhoods. $9.95 at bookstores or direct order from Hancock House, 19313 Zero Ave., Surrey, B.C. V3S 5J9.

"THINK NEGATIVE"

Breathe fresh air. "BIONAIRE" Air Cleaner/Ionizers: 1) clean 99% of pollutants from the air in your environment; 2) produce *Negative* Ions, making air country fresh. *Best* prices in Vancouver — Money back guarantee — Free demonstrations and information. Mail orders available. (Information and price list also available by mail.)

Sold by: F.P. Enterprises, 3724 West Broadway, Vancouver, B.C., V6R 2C1. Phone 224-6013.

SPARTACUS BOOKS

POLITICAL BOOKSTORE

A politically independent socialist bookstore with books, newspapers, and magazines on feminism, sexuality, nuclear issues, ecology, science, philosophy, film, literature, political theory, economics, labour, Latin America, Canada, Europe, the U.S. and much more.

Upstairs, 311 W. Hastings. 688-6138.

WOMEN'S ORGANIZATIONS & SERVICES

South Surrey White Rock Women's Place

The South Surrey/White Rock Women's Place Association operates a drop-in resource centre at 102—1548 Johnston Rd. in White Rock, B.C. V4B 3Z8

Objectives of our organization are to educate and support women and children in a comfortable and well equipped environment. In maintaining these objectives we offer: telephone information referral, Mother and Tot drop-in, community resource files, clothing exchange, women's groups.

By appointment we offer free legal advising, life planning and career counselling and a library for members. We also offer workshops such as *Assertion for Women, Massage for Relaxation, Single Parent Series.*

Hours are Monday to Friday 1-4 pm, Tuesday and Friday mornings 9:30-12:00 and Wednesday evening from 7:00-9:30.

For further information please call 536-9611.

The **MABC** believes that the education and licensure of professional Midwives will enhance the quality of care available to the childbearing family in British Columbia.

"MIDWIFERY 1983". The MABC invites you to the **second** *"Labour of Love"* **conference, February 18-19-20, 1983, Hotel Vancouver,** Vancouver, B.C. $150. For registration and information contact: Venue West, 1704-1200 Alberni Street, Vancouver, B.C. (604) 681-5226.

The theme of this cross-Canada conference is *NETWORKING*, and the speakers participating are from California, New York, Seattle, Missouri, Holland, and the Canadian provinces.

Special Event, Wine and Cheese Party and an evening with David Stewart, Ph.D., Medical Statistician and Executive Director NAPSAC. Topic: *The five standards for safe childbearing.* Friday 18th February, 1983, from 6-9 p.m. ($15.00 at the door for non-registrants) Hotel Vancouver, Vancouver, B.C.

Midwives Association of British Columbia, 1053 Douglas Crescent, Vancouver, B.C. V6H 1V4.

ARIEL BOOKS LTD.

Specialists in books for women. Feminist theory, assertiveness, pregnancy, birth and childcare, family violence, lesbian and gay studies, fiction, drama, poetry, Canadiana, women's music on records and tapes. Mail order and special orders. 2766 West 4th Ave. (at Macdonald), Vancouver, V6K 1R1, (604) 733-3511.

CESAREAN PREVENTION — LABOUR SUPPORT

LAURIE BRANT

— avoiding unnecessary cesarean sections — vaginal birth after cesareans (VBAC) — individual birth counselling — active support in labour — classes — information packets — sliding fee schedule — For further information call 433-5827, or write to 4006 Nithsdale St., Burnaby, B.C. V5G 1P6.

MATERNAL HEALTH NEWS

Unique publication for women by women. Controversial childbirth issues — legalizing midwifery — labor support — vaginal birth after cesarean — changing hospital policies — birth options. Write/phone for complimentary copy: Maternal Health, Box 46563, Station G, Vancouver, B.C. V6R 4G8. 438-5365.

RAPE CRISIS CENTRE

All centres provide emotional/support and information/education in the form of one to one counselling and/or groups for women who call. Right to confidentiality respected. Also offer public education programs and/or opportunity to organize with other women.

Nanaimo Rape/Assault Centre
285 Prideaux Ave., Nanaimo
Crisis Line: 753-0022

Northwest Women Against Rape
4619 Lakelse Ave., Terrace
Crisis Line: 638-8388

Powell River Rape Relief
RR #3 P.O. 15, Nassuchuk, Powell River
Crisis Line: 485-4028

Vancouver Rape Relief & Women's Shelter
77 East 20th Ave., Vancouver
Crisis Line: 872-8212

VANCOUVER WOMEN'S BOOKSTORE

A feminist non-profit collective specializing in books by, for and about women, as well as non-sexist children's books, periodicals, records, posters and jewelry. Hours: Monday thru Saturday, 11 a.m. — 5:30 p.m. Mail orders. 322 West Hastings St., Vancouver, V6B 1K6. 684-0523.

WOMEN'S ACCESS PROGRAM

SUSIE WALSH

A Women's Access Program is now operating out of the Justice Institute. It's goals are: to raise awareness about women's issues in justice and public safety; to provide information and support for women within the justice system; to help women gain access to parts of the system previously closed to them. To discuss the possibilities, call Susie Walsh at 228-9771, local 287.

ET CETERA

STUDIO ACOUSTICA

ACOUSTICATS

COMPLETELY CONCERNED WITH MUSIC

THE ACOUSTICATS are a musical collective. The current musical director, Ian Aire McConkey, is a classically trained guitarist, who, after 20 years of application has evolved into all levels of popular music. Working out of Studio Acoustica for the past seven years, he has built a repertoire that can be custom composed to fit practically any situation. The combinations range from flute & guitar, or cello & guitar, or bass, guitar & light percussion, or a horn section dance band with full drum kit, or an experimetnal jazz ensemble.

Appropriate music is our format, our function, & our future. Give us a listen. Energizing, touching & tuneful. Tapes available. Phone **228-8590.**

Et Cetera

INDIGENOUS POTENTIALS INCORPORATED

STUDIO ACOUSTICA ART CENTRE with audio-visual workshops, theatre & GALLERY AN X. Resident musicians & artists maintain and operate these facilities. Mounting & staging events, exhibitions, classes, ceremonies, entertainments & amusements. Established in 1975 as an open-door, on-the-street art centre, with an emphasis on experimental creative research and contemporary applications.

For further information, pay us a visit at 4607 West 10th Ave., Vancouver, or phone 228-8590. Michael Malcolm, Ian McConkey & Chris Blades are the current co-ordinators.

Attend our Sunday Service: A weekly musical event that is open to the public. It begins at 8 p.m. Come if you're late. (Suggested donations are dependent on the featured guests).

IAN McCONKEY, R.M.T. **Hands On Help.** I became a massage therapist to pursue my interest in natural healing and to balance out my life as a musician.

I do massage because I love it and I make good money doing it. I do up to four hours a day, it stays fresh (five years so far), I enjoy the contact with all the people I've met through it (hello there!), and it's spontaneous, high work.

I utilize various styles with one aim — positive results. I cooperate with all other medical practitioners and practice wholistic medicine. **228-8590.** Studio Acoustica. By appointment.

GREATER VANCOUVER
INFORMATION &
REFERRAL SERVICE
736-3661

A non-profit society funded by the City of Vancouver, Ministry of Human Resources (Prov. Govt.) and United Way.

Telephone enquiry service provides link to community resources in the Lower Mainland through the continuously updated **Community Information Index (CINDEX).**

Publishes annually the **Directory of Services for Greater Vancouver** (The "Red Book") available for use at most public libraries. May be purchased at GVIRS (price $23.50).

Provides **computer services** to other community agencies and organizations.

For details, call **736-3661.**
Greater Vancouver Information
& Referral Service
G.V.I.R.S.
#105 - 1956 West Broadway
Vancouver, B.C. V6J 1Z2

FIVE DAY REBIRTHING TRAININGS ON THE BEAUTIFUL SUNSHINE COAST

JERRY EWEN &
SWAMI PREM VIJAY
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Discover the key to self-healing is your own breath. In a safe, warm atmosphere you can learn the art, and experience the joy of rebirthing. Gentle, relaxed and full connected breathing enhances your own vital energies and releases any blocks between you and your total aliveness.

Jerry and Vijay will lovingly, sensitively and humourously assist you in your own healing, drawing upon their many years of experience in various fields.

JERRY EWEN has studied and worked with rebirthers Leonard Orr, Jack Szumel and Jim Morningstar. He has worked throughout the world as a rebirther, holistic therapist and professional 'therapeutic theatre' performer. He is currently living in the Vancouver area and hopes to further his work and personal development here in Canada.

Donation $250 (negotiable). For information and registration phone 266-5598.

HERE AND NOW

SWAMI PREM VIJAY
(Bruce Cuddeford)

Individual sessions tailored to the here-and-now needs of the client — relaxation and stress reduction, relationship clearing, emotional freedom, early life clearing, or just stepping back from the problem-encumbered ego to have a good laugh.

The sessions use a format of rebirthing, emotional release, or whatever seems appropriate. They are one to two hours long, and the standard donation is $45.

VIJAY's work comes from a background of rebirthing, massage, Reichian work, alchemical energy work, Reiki, intuitive energy reading, awareness, theatre, dance, music and Rajneesh meditation. He has learned from many skilled teachers and is a disciple of Bhagwan Shree Rajneesh. Regular Rebirthing sessions are also available, preferably in a series of five or more, though singles are possible. Phone 266-5598.

IDERA

RESOURCE CENTRE

IDERA (International Development Education Resources Association) and IDERA FILMS distribute audio-visual and print resources on international development. For a catalogue listing our 120 films or information on publications, contact 2524 Cypress Street, Vancouver, B.C. V6J 3N2 732-1496.

ANN MORTIFEE ALBUMS

JABULA RECORDS
ANN MORTIFEE ALBUMS by mail: **Reflections on Crooked Walking** (album or cassette), **Journey To Kairos, Baptism, The Ecstasy of Rita Joe** (albums only). Send $10 each to Jabula Records, P.O. Box 91699, West Vancouver, B.C. V7V 3P3.

TWO PROGROFF INTENSIVE JOURNAL WORKSHOPS

LESLY MERRILL, Ph.D.

A program of private and group experience designed to evoke the life-potentials of individuals through using the Intensive Journal. "A unique tool... to help focus one's life," says Psychology Today, March, 1981.

LIFE CONTEXT WORKSHOP — Feb. 26-27. PROCESS MEDITATION WORKSHOP — March 5-6. $92/one; $146/both. Registration: UBC, Continuing Education, Vancouver, 228-2181, loc. 261.

Dr. Merrill is a psychologist with Van. Health Dept. and a psychotherapist in private practice.

WALK FOR PEACE '83

SATURDAY APRIL 23rd

Last April British Columbians participated in the largest peace rally in Canada's history. . .40,000 people walked for peace.

During the recent civic elections a resounding majority cast ballots for global disarmament calling for an end to the wasteful nuclear arms race.

The ground work has already begun for hosting an even greater event this year. You can help make it happen. Call 736-2366 starting January 3rd between 10:00-3:00 Monday thru Friday. Donations may be sent to: End the Arms Race (E.A.R.) P.O. Box 69316, Postal Station K, Vancouver, B.C. V5K 4W5.

I cannot but have reverence for all that is called life. I cannot avoid compassion for everything that is called life. That is the beginning and foundation of morality. Once a man has experienced it and continues to do so — and he who has once experienced it will continue to do so, he is ethical. He carries his morality within him and can never lose it, for it continues to develop within him. He who has never experienced this has only a set of superficial principles. . . Existence depends more on reverence for life than the law and the prophets. Reverence for life comprises the whole ethic of love in its deepest and highest sense. It is the source of constant renewal for the individual and for mankind."

Dr. Albert Schweitzer.

FOR THE TRAVELLER

Common Ground — type publications found elsewhere:

IN CANADA:

New Alberta, 5918C-3rd St. S.W., Calgary, Alberta T2H 0H8.

Inner Life, 214 Glengarry Ave., Toronto, Ontario M5M 1E4.

The People's Classifieds, Alternate Links Inc., 23 Westmore Drive, Suite 304, Rexdale, Ontario M9V 3Y6.

IN THE U.S.:

Arizona: *Arizona Networking News,* P.O. Box 15103, Phoenix, AZ 85060.

California: *Commond Ground,* 9 Mono Ave., Suite B, Fairfax, CA 94930.

The L.A. Light Directory, 4026 Beverly Blvd., Los Angeles, CA 90004.

Resources, 3660 Louisiana St., San Diego, CA 92104.

The Evolve Directory, P.O. Box 698, Seal Beach, CA 90740.

Well Being Community Calendar, 788 Ferguson Road, Sebastopol, CA 95472.

Whole Life Times — Los Angeles, P.O. Box 3579, Santa Monica, CA 90403.

Colorado: *Nexus,* 1535 Upland, Boulder, CO 80306.

Florida: *Rainbow Visions,* P.O. Box 6337, Hollywood, FL 33021.

Hawaii: *Common Ground,* 217 S. King, #308, Honolulu, HI 96813.

Illinois: *New Chicago,* 2930 N. Lincoln, Chicago, IL 60657.

Maine: *New Life Now,* RFD 2, Box 330, Brooks, ME 04921.

Massachusetts: *Many Hands,* Beyond Words Bookshop, Thorne's Market, 150 Main St., Northampton, MA 01060.

Whole Life Times — Boston, 132 Adams St., Newton, MA 02158.

Michigan: *Ann Arbor Planet,* 1717 South State St., Ann Arbor, MI 48104.

PhenomeNEWS, 1735 South Main, Suite 7, Pleasant Ridge, MI 48069.

Minnesota: The Source/Vanilla Press, 2400 Colfax Ave. South, Minneapolis, MN 55405.

New Mexico: *The Aquarian Directory of New Mexico,* P.O. Box 4009, Albuquerque, NM 87106.

New York: *Free Spirit,* P.O. Box 279, Riverdale, NY 10471.

Whole Life Times — New York, 89 Fifth Ave., New York, NY 10003.

Ohio: *Inner Quest,* 3514 Birch St., Cincinnati, OH 45208.

Oregon: *Portland Reflection and Transformation Times,* P.O. Box 42216, Portland, OR 97242.

Pennsylvania: *Holistic Learning Quarterly,* 619 Wood St., Pittsburgh, PA 15221.

The New Frontier, 670 N. 19th St., Philadelphia, PA 19130.

Tennessee: *Common Ground,* 111 Racine St., Memphis, TN 38111.

Texas: *New Texas,* P.O. Box 12165, Austin, TX 78711.

Virginia/Washington, D.C.: *Pathways,* P.O. Box 4346, Falls Church, VA 22044.

Washington: *COMNET/Northwest Info Network,* Box 5599, Seattle, WA 98105.

Wisconsin: *Attunement,* 114 S. Randall, Madison, WI 53715.

New Wisconsin, c/o *New Chicago,* 2930 N. Lincoln, Chicago, IL 60657.

ABROAD:

England: *Transformation/Nucleus Network,* 188 Old St., London, EC1, England.

Wales: *Welsh Network of Light,* c/o Judith Roe, 21 Bridge St., Llandaf, Cardiff, Wales, B.I.

Australia: *Zirius,* P.O. Box 563, Frankston, Victoria 3199, Australia.

HOW TO LIST:

If you'd like to list your organization or individual work in *COMMON GROUND,* contact us for specifications and rates:

Mailing Address:
COMMON GROUND
2574 West 36th Ave.
Vancouver,B.C. V6N 2P5

Telephone:
Alana Mascali 261-8324
Michael Bertrand 879-3805
Joseph Roberts 734-8915.

Copy deadlines for listings are:*

FEBRUARY 15 for Spring (March-May)
MAY 7 for Summer (June-August)
AUGUST 6 for Autumn (September—November)
NOVEMBER 7 for Winter (December-February)

** Please note changes from original brochure.*

As a lister, you're invited to our hot-off-the-press parties, where you get to meet other listers and pick up your copies of *COMMON GROUND* for distribution.

The Co-publishers of *Common Ground*
Michael Bertrand Joseph Roberts Alana Mascali

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